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AWAL ASHAARI & SCHA ALYAHYA
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KIM MUN

On Scha: V-neck short-sleeved tee and low-waist skinny jeans, both from Uniqlo.
On Awal: Short-sleeved round neck tee and drawstring khaki pants, both from Dockers.

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Mongoose Publishing Sdn Bhd (580051-K)
Level 36, Menara Ambank
8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur, Malaysia
www.mens-health.com.my

All Enquiries
Tel 03 2166 6650 Fax 03 2166 6651

Editorial editor@mens-health.com.my
Editor Eugene Phua
Features Editor Anis Taufik
Writer Patrick Loh
Staff Photographer Hizwan Hamid
Contributing Sub-editor Chan Wai Kit
Contributing Writers Elise Low, Lloyd Green, Qhalis Najmi, Simon N. Ostheimer
Contributing Photographers and Stylists Chee Minh Geh, Gary Bobs, Ian Wong, Jayen Chow, Joey Yap, Kim Mun, Sze Mun

Art production@mongooseasia.com
Associate Art Director Elynn Hah
Graphic Designer Shufri Elfi Mifli
Production Executive Nor Faridah Mustafa

Website www.mens-health.com.my
Group Digital Editor Lim Chee Wah
Web Editorial Assistant June See
Web Manager Elana Chee Mei Ling
Digital Marketing Manager Averell Leiking
Senior Web Designer Vincent Chua
Web Designer Amir Shahrir Bin Amiruddin
Web Developer Wan Nadzirah Bt. Zulkhefli

Marketing & Communications marketing@mongooseasia.com
Head of Marketing & Comms. Thanabalasingam Balakrishnan
Business Development Manager Kim Choong
Assistant Marketing Manager Suresh Rajenthiran

Events events@mongooseasia.com
Head of Events Amee Halim-Illiya
Assistant Manager, Events Alyssa Nazaleq

Advertising advertising@mens-health.com.my
Account Director Abill Zackry
Senior Account Executive Alford Tan, Rose Marie Bague, Shamon Leong

Operations accounts@mongooseasia.com
Head Of Operations Camy Yee
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Management www.mongooseasia.com
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Production
BHS Book Printing Sdn. Bhd.
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Bersatu Industrial Park, Cheras Jaya, Balakong
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FROM THE EDITOR



Love is not a feeling

Many moons ago, when I was a wee lad, I was interviewing Violet Lim, co-founder of Lunch Actually. If you've never had a conversation with her before, I highly recommend you to book an appointment with her assistant to have one, because it's well worth your while. Anyhoo, I was picking her brain for an article on love and relationships, specifically on why people should consider, what more hire, a matchmaking service. Halfway through the interview, Lim said something that I'll never forget:

"Love is not a feeling. It's a commitment."

It blew my mind.

Love songs, rom-coms and Archie comics have all had years to instil, ingrain and inculcate in us the maxim that love is wishy-washy, airy-fairy, fluffy puff. That love causes you to be weak at the knees, nauseated in the gut, hyper in the chest. That love makes you high, happy and, well, horny.

But these descriptions, true they may be, don't explain why arguments, fights or divorce happen. They don't explain why a boyfriend waits years for his girlfriend to say, "Yes, I will." They don't explain why a wife endures her husband's deafening snoring. They don't explain why a father works 12-hour days for his family, nor a mother agonising over the whereabouts of her teenage children. Heck, they don't even explain why anyone would still support a football club even if their play literally causes you to fall asleep.

When you think of love as commitment, instead of an ephemeral emotion, then your worldview changes. You'll understand why couples seek counselling. You'll understand how marriages last decades. You'll understand why parents sacrifice so much. And, yes, you'll understand not only why fans defend their sporting institutions of choice, but also how actors, chefs and poets work at their craft till the day they die.

Because they love it.

So now, when you say "I love [so-and-so]", it's not simply because of the way the person makes you feel, but it's also because of what you want, and will, do for them. "Love" should never be just talk, but also walk. You should be actively involved, going above and beyond yourself, and being concerned about how *they* feel. Not you.

We're no matchmakers, not by any stretch of the imagination, but we've spoken to myriad experts on how to expedite and augment the process (don't worry: one of them is Lim herself, so we're not cutting in on her territory!). In this "Sex & Love" issue of *Men's Health Malaysia*, you'll find all the tools you need to find true love and to make relationships last. It's a multi-dimensional approach, so be prepared to have your world rocked – just like how mine was that fateful day I first met Lim.

Just remember: love isn't an adjective; it's a (very active) verb.

Eugene Phua
Editor

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Ask MH™

LIFE'S QUESTIONS, ANSWERED



White potatoes: are they really that bad for me?

– DAVID

Spuds aren't duds. True, many nutrition gurus are tater haters because people smother them in calories – cheese and bacon, anyone? But once you strip away the toppings, these tubers begin to look, uh, tubular. Just one large white potato with skin provides nearly half your recommended daily B6, which converts carbs into fuel and helps you metabolise protein and fat, says *MH* nutrition advisor Alan Aragon, M.S. Plus, white spuds pack more potassium per serving than almost any other vegetable, an *Advances in Nutrition* study reports. That's big: low potassium is linked to higher risks of hypertension and stroke. To make oven fries, quarter potatoes length-wise and toss to coat in olive oil, chopped rosemary, salt, and pepper. Bake at 232°C until tender, 50 minutes, flipping once.

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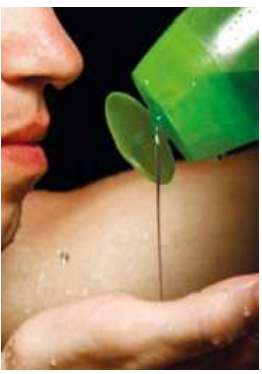
Ask MH™



Why can't I pee when someone is standing at the next urinal?

– JOE

Don't worry, nobody wants to be your spotter at the pee trough. This sounds like paruresis, or shy bladder syndrome. Although it's not exactly normal, paruresis is pretty common: 21 million people in the United States clench their bladders in the bathroom. The causes of the social phobia are unknown, but clearly something about the act of peeing makes you anxious. That means whenever you try to take a leak in a less-than-private setting, your sympathetic nervous system sends out adrenaline and epinephrine. These hormones tighten the muscles in your bladder neck and prevent urine from flowing, explains *MH* urology advisor Judd Moul, M.D. (The bowel equivalent is called parcopresis.) Cold and allergy medications that contain epinephrine can also dam up your stream, he adds. For a quick fix the next time you're trying to get into the flow, exhale three-quarters of your breath and then hold it for 30 to 45 seconds. Your pelvic muscles should relax as you let go, prompting the stream to start. Still dry? You might need to consider cognitive behavioral therapy, or CBT, which has been shown to work for about 80 percent of pee-shy people.



I find the shampoo aisle to be totally overwhelming. Is there just one ingredient I should look for?

– CHRIS

Yes: dihydrogen monoxide. Which you'll see on the label as "water". It's the ingredient that's most useful for washing away sebum, a build-up of oils, sweat, and dirt, says Joe Cincotta, Ph.D., chief chemist at Federici Brands. But water doesn't act alone: oils need something to stick to so they can be stripped away. That's where surfactants like sodium lauryl sulfate and sodium laureth sulfate come in. They're both cleansing agents: the former is strong and produces thick foam, while the latter is milder and easier on your hair, say Duke University researchers. But if your mop resembles a horse's coarse mane, skip the sulfate-based shampoos entirely – you want to keep more moisture on your scalp, Cincotta says. In that case, look for glycerin or panthenol on the label.

I've steered clear of multivitamins with iron ever since I was told they were bad for men. Is that really true?

– TIM

Here's an ironclad fact: "If you don't consume enough of this essential mineral, you'll die," says *MH* nutrition advisor Jeffrey Blumberg, Ph.D. Your body needs iron to transfer oxygen via red blood cells from your lungs to your tissues and muscles. Endurance athletes or heavy lifters may need slightly more iron (for muscle repair) than other men. But unless you always go all out at the gym, regularly donate blood, or are a vegetarian, scrap the iron supplement, Blumberg says. Most men take in more than enough of the stuff through their diet: a serving of bran cereal or a 100 gram bar of dark chocolate delivers the daily recommendation of 8 milligrams. In fact, about 33 percent of men have iron levels that put them at severe risk of overload, according to a recent CDC report. Going above the "tolerable upper intake level" of 45 milligrams a day can cause oxidative stress, which may contribute to the development of heart disease or cancer, Blumberg says. Even worse: excess iron can accumulate in your grey matter, which can screw up your hippocampus and increase your risk of Alzheimer's disease, reports UCLA research. Because most multivitamins contain iron, look for supplements geared toward folks over the age of 50. Your body stores more iron as you age, so you won't find the mineral in a multi for older folks.

My buddy is having a hard time, and I get bummed out whenever we hang. How can I lighten the mood?

– BRIAN

If he usually bends your ear at the bar, consider a more uplifting venue: in a 2014 study in the *Journal of Sports Science and Medicine*, people who worked out while being distracted by something enjoyable – a friendly conversation or a TV comedy, say – more than doubled the intensity of their post-exercise high. So plan your next get-together around something active, like a gym session or kicking around a football. Just run a few fly routes so you break a good sweat. And while you're at it, don't forget to smile. One reason your hangouts turn into pity parties is facial mimicry. "When people mimic expressions of sadness or joy, they may feel a reflection of those specific emotions," says Elaine Hatfield, Ph.D., a professor of psychology at the University of Hawaii. That means the simple act of slapping on a smile while you're around your bro could provide both of you with a lift. Of course, that's only if your grin is genuine – and appropriately timed, Hatfield warns. You don't want to crack up when he mentions the new guy his ex is screwing. That just might get you knocked out.

Jet lag hits me hard. What's the best way to deal with it, besides pills?

– MARK

The key is to deceive your body. "Sunlight exposure is one of the most effective ways to realign and reset your circadian rhythm," says Alon Avidan, M.D., M.P.H., a professor of neurology and director of the UCLA Sleep Disorders Center. The lag means your body's inner circadian clock is struggling to sync up to the light and darkness at your destination. So trick it: start syncing at least one day before the wheels go up, suggests Dr. Avidan. If you're headed west, avoid sunlight in the morning and then soak it up in the afternoon. Going east? Do the opposite. If you can't avoid bright light, donning some dark shades while you're outdoors can help reset your clock in the right direction, report researchers at Rush University Medical Center in Chicago. Maintain the same light-versus-dark game as soon as you arrive at your destination. According to research in the *New England Journal of Medicine*, your circadian rhythm should recalibrate after a few days, so you can truly enjoy your trip.

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See evil, eat evil: When we're hungry, we scarf what we see

COUNTER MEASURES

Look around your kitchen. What do you see? If you said "cookies", there's a good chance you're overweight. **Junk food on the kitchen counter is likely to lead to weight gain,** a study in *Health Education & Behavior* found. Among men who kept baked goods visible in their kitchen, 39 percent were obese while just 6 percent were slender. (A bowl of fruit was more typical for the slim guys.) When you're hungry, you grab the first quick, no-prep snack you see, says researcher Drew Hanks, Ph.D. So keep low-calorie options – like preportioned bags of nuts or fresh fruit – at the ready.

PHOTOGRAPH: ISTOCKPHOTO

Fitness Bulletin

This Lift Will Make You Lean

To incinerate your cheat meal faster, skip the treadmill and exercise bike: **A 12-minute kettlebell circuit burns more calories than doing all-out cardio for the same length of time,** a Southeastern Louisiana University study found. Men who performed the four-move kettlebell workout below not only crushed more calories but also taxed their lungs more than when they did repeated sprints on a stationary bike for 12 minutes. "Plus, the workout is safe and results in less overall physical strain," notes study author Brian Williams.



Different kettle of fish: 'bells that will burn fat

Try It!

Perform each exercise, in the order shown, for 1 minute. Work for 20 seconds, rest for 10, and then repeat. Completing all four exercises is 1 round. Do 3 total rounds (or more!).



1 **Sumo Squat** Stand with your feet twice shoulder width, holding a kettlebell with both hands, and squat.



2 **Swing** Bend at your hips to grab a kettlebell. Hike it between your legs; then thrust it up to shoulder level. Keep swinging.



3 **Clean & Press** Hold a kettlebell in front of you. Explosively pull it up and "catch" it at shoulder height. Press it overhead.



4 **Sumo Deadlift** Grab a kettlebell; assume a wide stance. Push your hips back to lower your torso. Rise back up, your torso straight.

Bells vs. Bikes (12 Min.)

	KETTLEBELL CIRCUIT	CYCLING SPRINT
CALORIES BURNED	145	122
AVERAGE HEART RATE (bpm)	149	140
O_2 CONSUMED (ml/kg/min)	23	20



GIVE US A V!

A little "slide" of hand can make you bigger. **Mix up your lat pulldown grips to work more muscle,** suggests a *Strength and Conditioning Journal* analysis. Do one set with each of these grips: two times shoulder width with overhand, regular shoulder width with overhand, and regular shoulder width with underhand.

WORTH IT OR WORTHLESS?

TRAINING MASK

Who's that masked man? A sucker. **Masks meant to boost performance by replicating high-altitude exercise don't work,** say researchers at Oklahoma State. Cadets who trained in the face gear for six weeks saw no more strength or endurance gains than gear-free guys did. "The oxygen content of the air you're breathing is still the same," says *MH* fitness advisor Bill Hartman, P.T. "The masks just make breathing difficult. That can cause dysfunction."

2

Daily grams of ginger, in supplement form, likely to reduce post-exercise soreness
Source: *Journal of Strength and Conditioning Research*

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Solve Problems with a Snooze

Never mind the chill pill – take a shot of shut-eye instead. **A quick nap can help you master your emotions,** say researchers at the University of Michigan. People who snoozed for an hour showed a much higher threshold for frustration than non-nappers did, and they invested twice as much time trying to solve a complex task. According to study author Jennifer Goldschmied, Ph.D.(c), the longer you're awake – even if you don't feel tired – the more your emotional control diminishes. Don't have an hour to burn? 30 minutes should be nearly as effective.



WEIRD SCIENCE THAT WORKS

HONEY FOR HACKERS

If you're a former smoker, bee vomit may help heal your heart and lungs, suggests research from Universiti Sains Malaysia and Universiti Sultan Zainal Abidin. People who swallowed honey every day for 12 weeks lowered their levels of F2-isoprostanes – markers of oxidative stress – by 38 percent. **Apply It** Eat 1½ tablespoons of Manuka honey daily.

POSE AS A HEALTHY GUY

Want to stay flu-free this year? Remember to wash your hands and twist your torso because **yoga can boost your immunity.** In a recent Korean study, people who saluted the sun and got down like a dog regularly for 12 weeks doubled their levels of antioxidants along with two types of immune cells. Credit yoga's ability to reduce your adrenaline level. An overabundance of this hormone can undermine an otherwise strong immune system, says study author Sung-Ah Lim, Ph.D.

High-Death Television

Some guys get so caught up in what they're watching on TV that they'll throw something – like a blood clot. An 18-year Japanese study found that the more time people spent in front of the flat-screen, the greater their risk of flatlining with a pulmonary embolism. The reason? You guessed it: the potato position. Sitting for too long can cause blood clots in your legs, which may then travel to your lungs, says study author Toru Shirakawa, M.D.-Ph.D.(c).

TV Viewing Habits and Fatal Clot Risk in 40- to 59-Year-Olds

DAILY TV HOURS	RISK
5 or more	💀💀💀💀💀
2.5 to 4.9	💀💀💀
less than 2.5	No additional risk

Source: *European Heart Journal*
Each skull represents a onefold increase.

58

Percentage increase in your diabetes risk with each 20-point rise in your average systolic blood pressure (the top number)
Source: *Journal of the American College of Cardiology*

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Are You Imbalanced?

Forging fluid movement mechanics is key to avoiding injury and unleashing your athletic potential. Still, **playing sports isn't enough: you need mobility training to perform at your peak**. In a study at Northern Arizona University, Division I athletes scored no higher on a movement competency test than their non-competitive peers did. "Athletes were better at some movement patterns, like the squat, but worse at others, like shoulder-mobility moves," says study author Meghan Warren, P.T., Ph.D. Fix tight spots with the four exercises you should do every day: *MensHealth.com/4exercises*.



To be a man for all (sports) seasons: train off the field too

AVOID A COLLAPSE

31

Percentage of injured runners at any given time during race training
Source: *Scandinavian Journal of Medicine and Science in Sports*



BOOST YOUR CARDIO AND WORK OUTPUT

Get off your butt! **A treadmill desk won't impair your ability to focus,** according to researchers at Brigham Young University. They found that people who worked while strolling at those cardio desks – which some critics speculate may hurt your ability to process information – displayed just as much cognitive competency as those who sat. "The health benefits of walking and moving at work are vast," says study author Michael Larson, Ph.D. If you don't have a treadmill desk, just take five minutes out of every hour to get up from your chair and walk briskly, he suggests.

RUNNING DEBATE

STRIDE LENGTH

Step less lively. **You can reduce your injury risk by shortening your stride,** say scientists at Iowa State. Runners who pared down their stride by 5 to 10 percent had less strain on commonly injured areas, like IT bands and knees. That's because shorter strides are less jarring, easing impact on these vulnerable areas. Bonus: they're also more efficient.

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ACUVUE® Special



Murphy Chan
Optometrist and President of Association of Malaysian Optometrists (AMO)

Your Eyes Can Get Sunburned Too... and Other Things You Didn't Know

"Everyone is so concerned about the effects of UV rays on the skin; why aren't you thinking about what it does to your eyes?" That is the question Murphy Chan, President of the Association of Malaysian Optometrists (AMO) is asking.

Common responses include "I spend all day indoors" or "I use sunglasses when I go out"; hence most Malaysians think they are doing enough to protect their eyes from the sun. But they are mistaken.

"UV rays are very harmful and can cause changes to the tissues in the cornea as well as deterioration of the lens," explains Murphy. "As a result, the condition of your eyes can change in as short as six months – that is why you need check-ups twice a year!"

So what are the consequences to your eyes after being exposed to UV rays?

In the short term, intense or continued exposure to UV rays can cause a condition called photokeratitis, where the eyes feel gritty, teary or turn red; thankfully, this condition is temporary, like sunburn. However, long-term exposure to the sun can lead to cataracts, which turns the lens opaque (like raw egg white turning opaque as it cooks). When this happens, light is unable to penetrate the lens, leading to gradual loss of vision over time.

"UV rays are everywhere," says Murphy. "As long as you are under the sun, without protection, you are exposed to it," so here are his top tips for protecting your eyes from the sun:

- When choosing sunglasses, check to see that it provides at least UV 380 protection. The darkness of the lens is not an indication of how much UV protection it offers.
- For contact lens wearers, look for a brand with FDA approved standards of UV Protection. Currently, ***1•Day*** **ACUVUE® TruEye®** offers the highest UV protection standard (Class 1) by blocking 97% of UVA and 100% of UVB radiation from the sun.

"Protecting your eyes from UV rays isn't just relevant to people who spend a lot of time outdoors – I would recommend ***1•Day*** **ACUVUE® TruEye®** for every user," says Murphy. "For me, it's simply not an option – UV protection for your eyes is essential, and the sooner you start, the better."

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Weight Loss Bulletin



Flambé the fat by consuming more fruit. It's metabolic magic!

How Fruit Ignites Your Metabolism

Be pickier in the produce aisle. **Certain fruits fight fat better than others do,** Harvard researchers report. After assessing 24 years' worth of people's eating habits, they linked each extra daily serving of fruit with an average 227g reduction over four years. Blueberries, apples, prunes, and pears yielded the biggest change – up to a 590g reduction per extra daily serving. Some credit may go to flavonoids, the helpful compounds found in fruit and vegetables, says study author Monica Bertoia, M.P.H., Ph.D. Research shows they boost energy burn and cut fat absorption. Any fruit or vegetable helps maintain weight.

JEDI MIND TRICK

THINK LEAN

Call it mind over fatter: **considering yourself pudgy could increase both your weight and your BMI,** a British study suggests. Folks who were okay with their weight, however, kept extra pounds off during the study period. So rethink your goals: focus on improving your overall health instead of simply losing weight.

REALLY WHEY THE BENEFITS

Don't skip breakfast – double up! **Downing a protein shake an hour after your morning meal can help cut cravings,** a study in the journal *Appetite* found. Active men who chugged whey protein saw their hunger subside immediately by as much as 65 percent – nice for when lunch rolled around. The volume of the shake didn't matter, says study author Kristen MacKenzie-Shalders, Ph.D. Those who consumed 20, 40, 60, or 80 grams all ate the same number of calories at lunch.

Meal Plan Meltdown

Menus are tempting; you know that. Research from the University of Illinois shows exactly how tempting – so skip 'em. Instead, order cook-it-yourself, *MH*-approved meals at *MensHealth.com/chefd.*

Average Daily Calorie Intake

Source: *European Journal of Clinical Nutrition*

384

Average increase in your daily calories when you drink alcohol

Source: *Journal of the Academy of Nutrition and Dietetics*

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Consistency is the Key

After years of torment, Yen Nguyen set out to transform herself – but not overnight, mind you. It was the small yet constant improvements that has led her to where she is today: happy, healthy and fit. Here, she shares her story and a circuit workout that'll build muscle and shed fat.



NAME
Yen Nguyen

OCCUPATION
Dentist

USERNAME
@fitnessyen

FOLLOWERS
129,000

SPECIALTY
Weight loss

The fittest women on Instagram

"IN THE BEGINNING, MY GOALS were losing weight and being comfortable in my own skin. I was overweight as a teenager and was always teased as the chubby one in the family. I knew it was because I had a terrible diet with no exercise at all. My body image was very low. But I finally decided to make a change to be healthier when I graduated from high school.

"When I saw small changes in my body happening every week, as I consistently went to the gym, I became even more motivated. I saw that my hard work paid off, so I wanted to challenge myself to see how far I could get. Now, I'm fit in a healthy way and have no medical conditions. I'm still able to enjoy my life socially, I spend a decent amount of time exercising – but not overtraining! – and I'm very happy with how I feel.

"Because I used to be overweight when I was younger, I know how uncomfortable it felt to be in clothes, or just walking around with the extra weight – that's why fitness is a priority to me now. My health is also important to me because heart disease and diabetes run in my family. I know that if I don't prioritise my health and fitness, I won't be able to be the best provider and supporter for my loved ones.

"I believe in being consistent, and everything in moderation. We're all going to eat food that's not the best, but we should indulge in moderation and not avoid our favourite foods because that will only cause us to overeat later. Being consistent with your workouts and eating healthy will yield results, even if you cheat on your diet or skip a workout. Some adopt that 'all or nothing' philosophy; but with fitness and health, moderation and consistency will be what carries. Life is definitely a gift and it's in our power each day to make the very best out of it!"

WORDS **EUGENE PHUA** PHOTOGRAPHS **MEGANE CLAIRE**

Build Strength with Yen

With only a pair of dumbbells, you can have a great strength and cardio workout anywhere you are. Complete each exercise in sequence, and rest for 30 seconds between each exercise. That's one circuit. Rest for 60 seconds between each circuit. Aim to do 4 circuits.



1/ Walking Lunge

Stand tall with hands on hips, shoulders back. Take a big step forward with your left leg, then lower yourself until your left leg bends 90 degrees. The right knee should never touch the floor. Return to start, and repeat with right leg. **Do 15 reps per leg.**



2/ Alternating T Shoulder Raises

Start with weights by your hips. Raise your right arm forward and your left arm sideways until both are parallel to the floor. Hold for 5 seconds. Slowly lower to starting position, and repeat with alternate hands. Keep both arms straight throughout. **Do 15 reps per arm.**



3/ Sumo Squats with Resistance Band

With resistance band below your knees, step out until your feet are wider than your hips. Point your feet 45 degrees away from your body. Inhale as you slowly lower your body, ensuring that core is engaged, your back straight and your hips pointing backwards. Exhale when returning to start. **Do 15 Reps.**



4/ Standing Push-ups

Stand facing a wall (or fence) with your arms outstretched straight in front of you and holding (or gripping) the wall. Lower your body towards the wall until arms are bent 90 degrees, ensuring your core is braced and your body in a straight line. Slowly raise yourself to starting position. **Do 15 reps.**



5/ Wall Sit with Weights

Stand with head, back and hips leaning against a wall, and both feet approx. 2 feet away. Hold weights by your side. Slowly lower yourself until your knees bend 90 degrees. While lowering, lift weights until elbows bend 90 degrees. Hold this position for 5 seconds. Slowly raise your body. **Do 15 reps.**

YEN'S TOP TIP

"Be the authentic version of yourself, and that should always be your very best. There is nothing worse than a man who tries to impress us by being someone he isn't because it will eventually show through. A real man should always aim to be the best version of himself, and that will impress any woman."



She takes pictures of everything, and it annoys me. Can I tell her to ease up on the photography, and to enjoy our date and the moment?

– ANDREW

It's about compromise. Maybe she doesn't realise that her addiction to Instagram is actually getting in the way of your dates. But if you ask her to put down her phone, you have to do the same. Don't check your WhatsApp group chat in the middle of dinner. If you show you're making an effort, hopefully she will too.

She's loud in bed, but I have housemates. Should I ask her to tone it down?

– XAVIER

Firstly, do your housemates care? You might find that they would rather deal with a few late night noises than, say, your unwashed dishes. But if you're really worried that it's annoying them, try to use it to your advantage in bed. Rather than getting self-conscious, turn it into a game of keeping quiet. Whisper your dirtiest thoughts to each other and let the tension build. You could end up having the best sex ever.

My girlfriend caught me masturbating to porn and seems upset. How can I smooth things over with her?

– JUN HAU

It's unlikely you're going to stop watching porn entirely. That means you might be tempted to lie to your girlfriend about watching it, which is worse. So be honest: tell her how much you watch and how often. More importantly, reassure her that porn isn't replacing your sex life with her. Because it shouldn't be; if it is, you have bigger problems.



ASK US NOW

Email our regular contributor Elise Low your questions on women, love, dating and sex at **editor@mens-health.com.my**

I never seem to like any women I meet on first dates. What am I doing wrong?

– CHRIS

Here's the thing about first dates: they usually suck. You're probably both too nervous and eager to impress to actually be yourselves. If you really want to give someone a chance, try a second or third date – in a different place, doing something else. You might find you grow to like each other. If you don't, at least you both gave it another shot before calling quits!

My girlfriend of a few years thinks that I'm her soulmate, but I'm not 100-percent sure if she is for me. How can I be as sure as her?

– AZHAR

Love isn't a science. Nobody is going to draw you a formula to give you the answer. There's only one way to know, and that's to trust your instinct. If she's your soulmate, you'll know. You'll want to be a better person, you'll want to make commitments, and you'll want to do stuff that would have scared you shitless before. If you can take it or leave it, then she's not your soulmate.

MAKE HER FEEL AT HOME

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SOFTER PILLOWS

Whatever you two are doing in bed, good down pillows with a high (500-plus) fill power will make her head happier than those polyester lumps.



THICKER TOWELS

Don't let her sashay to the shower wrapped in an Arsenal logo. Spring for some plush, highly absorbent towels made of Turkish or Egyptian cotton.



GOOD SHAMPOO

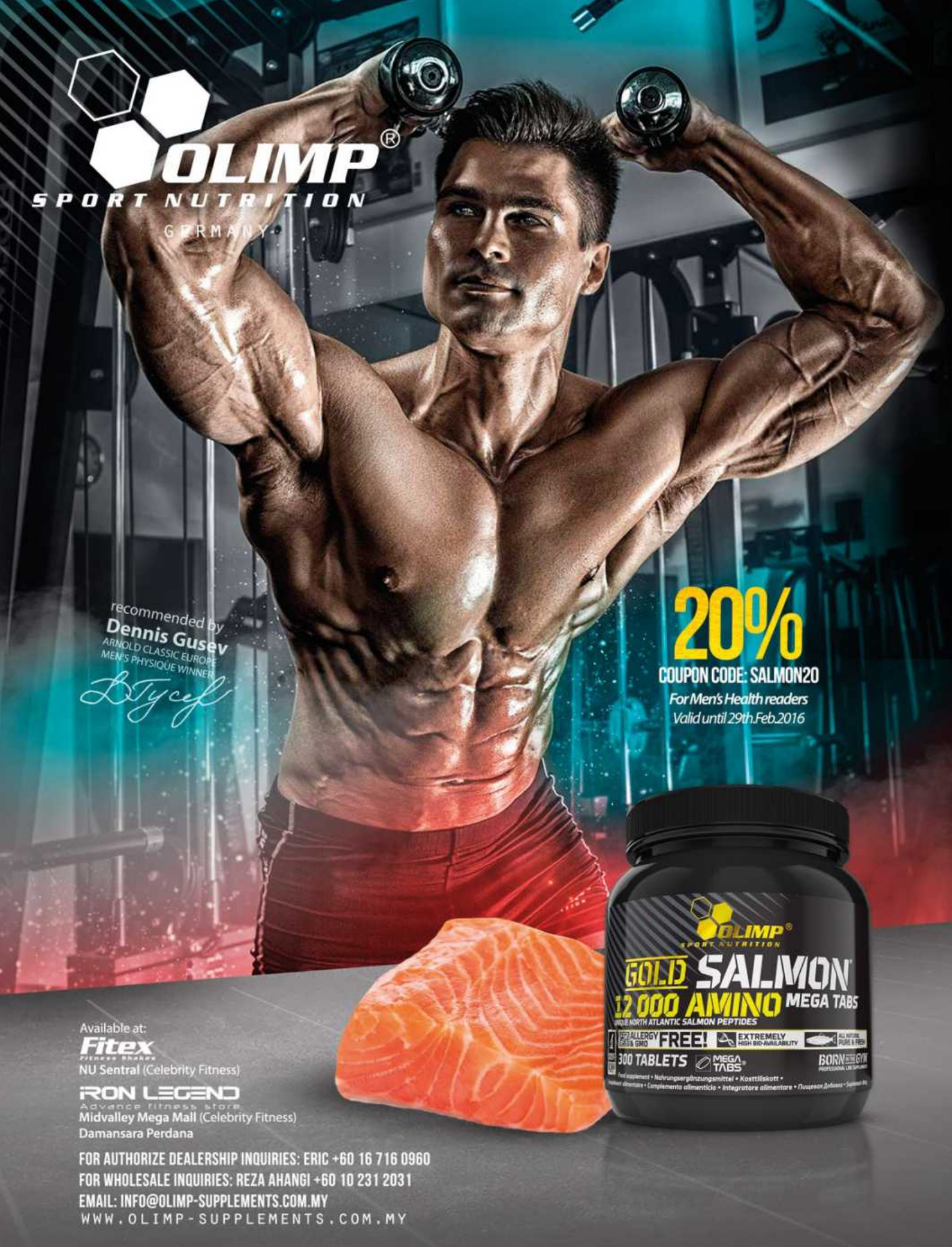
Stock the shower with something a step up from your basic pharmacy 2-in-1. In general, anything from John Frieda will make her glad she got naked.



SKIN LOTION

Look for options from Kiehl's and Bliss. Both are respectable choices that show her you take care of yourself. Offer to help with application.

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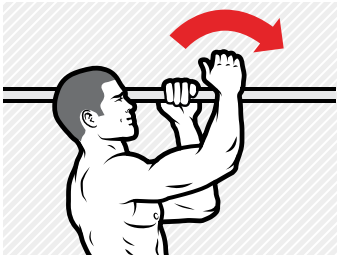

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If you can't handle your own body weight, don't try to lift anything heavier at the gym, says Tim Robards

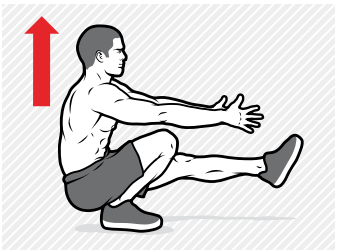
Yes, You Can Build This Body Without Weights

If you think iron-free exercises are for wimps, Tim Robards would like a word. He forged his cover-model physique with three challenging variations of classic body-weight moves



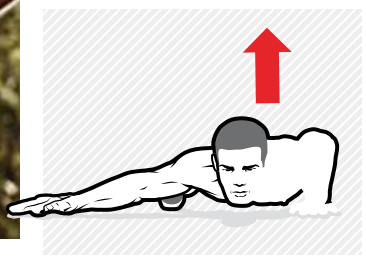
1/ Walking Negative Chin-up

Hang from a chin-up bar so you're looking down its length, your left hand in front of your right. Pull your chin up to the bar, your head on its right side. Remove your right hand from the bar. As you lower yourself with your left arm, "walk" your right hand in front of your left. Pull yourself up on the bar's left side using both arms. Lower with your right as you walk your left hand forward. That's 1 rep. Work up to 5.



2/ Pistol Squat

Stand on your right foot and extend your left leg. Lower by bending your hips and right knee. Go as low as you can; if your back bends, that's okay. Rise back up using your right leg only. Do 10 reps; then repeat on your other leg. Too hard? Hold on to a pole.



3/ Alternating Archer Push-up

Assume a push-up position with your hands spread wide – about twice shoulder width. Lower yourself over your left hand so that your right arm is straight at the bottom of the move. Push yourself back up and immediately repeat the movement, this time to the right. Alternate between sides, working up to 5 reps with each arm.

WORDS **MICHAEL EASTER** PHOTOGRAPH **JASON IERACE** ILLUSTRATIONS **+ISM**

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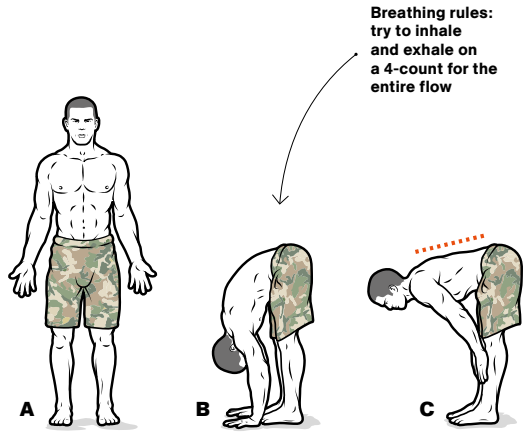
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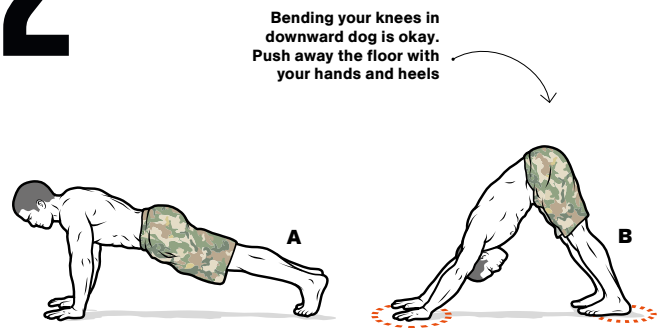
1



Standing ▸ Forward Fold ▸ Half Fold

Stand tall with your shoulders drawn back and ribs pulled in. Ⓐ Inhale to reach high; then exhale as you fold your body to the floor by extending forward from your hips and bending your knees as much as you need to in order to touch it. Now straighten your legs as much as your hamstrings allow. Ⓑ Inhale and rise to standing, bending your knees as needed to keep your spine straight. Do this three times. Then, from a forward fold, do a half fold: extend your chest, letting your hands slide up onto your shins, and keep your back straight. Ⓒ Then lower back down into a forward fold. Repeat two more times.

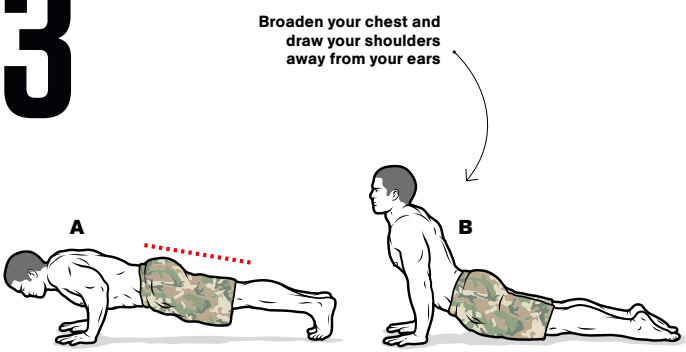
2



High Plank ▸ Downward-Facing Dog

From the half fold, exhale as you step back into a high-plank position. Ⓐ Push your tailbone toward your heels, extend your chest, and brace your core. Your index fingers should point forward, and your upper arms should wrap outward to broaden your chest. Inhale, lift your hips, and push your butt up into the air. Ⓑ Press down evenly with all 10 fingers (keep your thumbs grounded) and draw energy up your arms and your spine to help elevate your pelvis as you push your rear up. Draw in your rib cage and press your legs back. Extend your heels away from your toes and push them into the floor. Take three to five deep breaths.

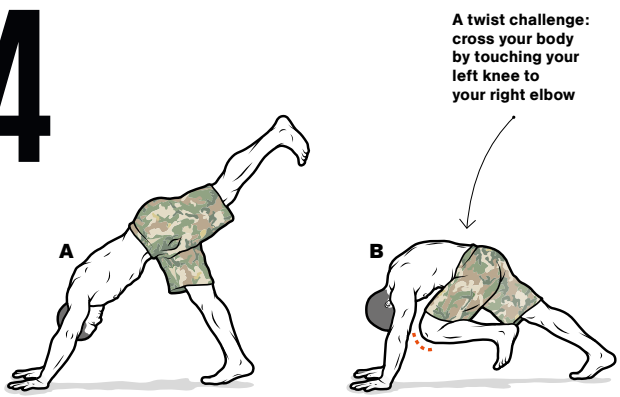
3



Chaturanga ▸ Upward-Facing Dog

From downward-facing dog, inhale and rock your body forward into a high-plank position. Align your shoulders, hips, and heels, keeping your core and quads engaged. Exhale and roll forward onto your toes; your elbows should stay close to your body as you lower yourself, push-up style, until your upper arms are parallel to the floor. Ⓐ Now inhale as you roll your toes under so that the tops of your feet come in contact with the floor. At the same time, press away from the floor as you lift through your belly, extend your chest, and roll your shoulders back to transition into upward-facing dog. Ⓑ Keep your hips and thighs off the floor.

4



Three-Legged Dog ▸ Knee-to-Elbow Touch

From upward-facing dog, exhale as you roll your toes back over so you're once again in a high plank. Do a push-up and then exhale as you shoot your hips up into downward-facing dog and lift your left leg. Ⓐ Keep your hips square to the floor. Now you're in a three-legged downward dog. Inhale and bring your leg down and forward as you touch your left knee to your left elbow. Ⓑ Do this three times; then switch sides and repeat the sequence three times. Now return to a downward-facing dog and push down through both heels for three final breaths. Then step or hop to the front of your mat, and stand tall.

ILLUSTRATIONS+ISM

Time Out Kuala Lumpur x Men's Health MALAYSIA



Get limited exclusive premiere screening of *London Has Fallen*!





The explosive sequel to the worldwide smash hit "Olympus Has Fallen" begins in London, where the British Prime Minister has passed away under mysterious circumstances. His funeral is a must-attend event for all leaders of the western world. But what starts out as the most protected event on earth, turns into a deadly invasion plot to kill and massacre all the world's most powerful leaders, to devastate every known landmarks in the British capital by synchronize bombings and ground assault, and unleash a terrifying apocalyptic vision of the future. Only three people have any hope of stopping it: the President of the United States, his formidable secret service head (Gerard Butler) who is an ex-Special Forces, and an English MI-6 agent who rightly trusts no one. Opens 3 March 2016.

To get a pair of tickets, tell us: **Why you want to watch *London Has Fallen*.** Send your answer and your full details (name, IC no., mobile and occupation) to marketing@mens-health.com.my

Tickets are limited, get those entries in soon!

Closing date: 22 February 2016

Rainfilm

TERMS AND CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • Judges decision is final, no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

5 Reasons We Don't Need To Fear Schizophrenia

It's natural for us to fear what we don't understand, but we can at least try. Here, we shed some light on the oft-misunderstood mental condition

01/
NO: NOT CRAZY

A commonly held misconception about schizophrenics is that they have multiple personalities. But really, "Schizophrenia is a disorder of the brain that causes people to interpret reality abnormally," says Dr Toh Chin Lee, Head of Psychiatry of the Ministry of Health. So they don't behave like different people, but instead experience symptoms that alter their perception of reality. As distressing as it can be to observers, it's also distressing for sufferers. The best thing to circumvent it is early diagnosis, which allows them to get their lives back on track.



Looking for help? Support is available via the Caregiver Support Service offered by the Malaysian Psychiatric Association. Visit *www.psychiatrymalaysia.org* or call 03–7782 5499.

02/
NO: NOT SUPERNATURAL

It's important to seek proper medical treatment for schizophrenia. However, in our cultural climate, seeking the assistance of a traditional healer is a tempting option for some. "The healers provide a rationale that is easy to understand and accept, such as disturbance from evil spirits and black magic," says Dr Hazli Zakaria of the Psychiatric Association of Malaysia. However, seeking treatment that does nothing to address the physiological reasons of why the symptoms are occurring only prolongs and delays the opportunity to seek medically proven treatment.

03/
NO: DOESN'T LEAD TO VIOLENCE

Contrary to popular belief, schizophrenics are not usually violent and it doesn't automatically mean an individual is inclined to commit violent acts. Complicating public perception is pop culture hype and the intense stigma around their condition (and mental illness in general) that can make sufferers unwilling to seek treatment. And without treatment, their symptoms worsen.

04/
YES: IT'S TREATABLE

The most important thing with schizophrenia? Seek medical treatment as soon as symptoms become present. Left untreated, the stress of the condition compounds, and sufferers become more susceptible to substance abuse, depression and suicidal thoughts. It's important to note that, "Medication doesn't cure the illness, but it controls and manages it," says Dr Ahmad Hatim Bin Sulaiman of the Psychiatric Association of Malaysia. When treated, schizophrenics can find happiness and fulfillment, just like anyone else.

05/
YES: SUPPORT NETWORKS ARE SIGNIFICANT

Deterioration of one's social framework only exacerbates the condition; friends and family can prevent this by improving their mental-health literacy through exercising understanding and patience, as well as keeping an open mind. Family members are often the first to recognise changes and can be instrumental in an early diagnosis. With continuous support, the sufferer has a higher chance of adherence to medication, and a much more stable and happy life.

WORDS JUNE SEE

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2 BOOKS *FOR RM63.75*

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eshop.mongooseasia.com

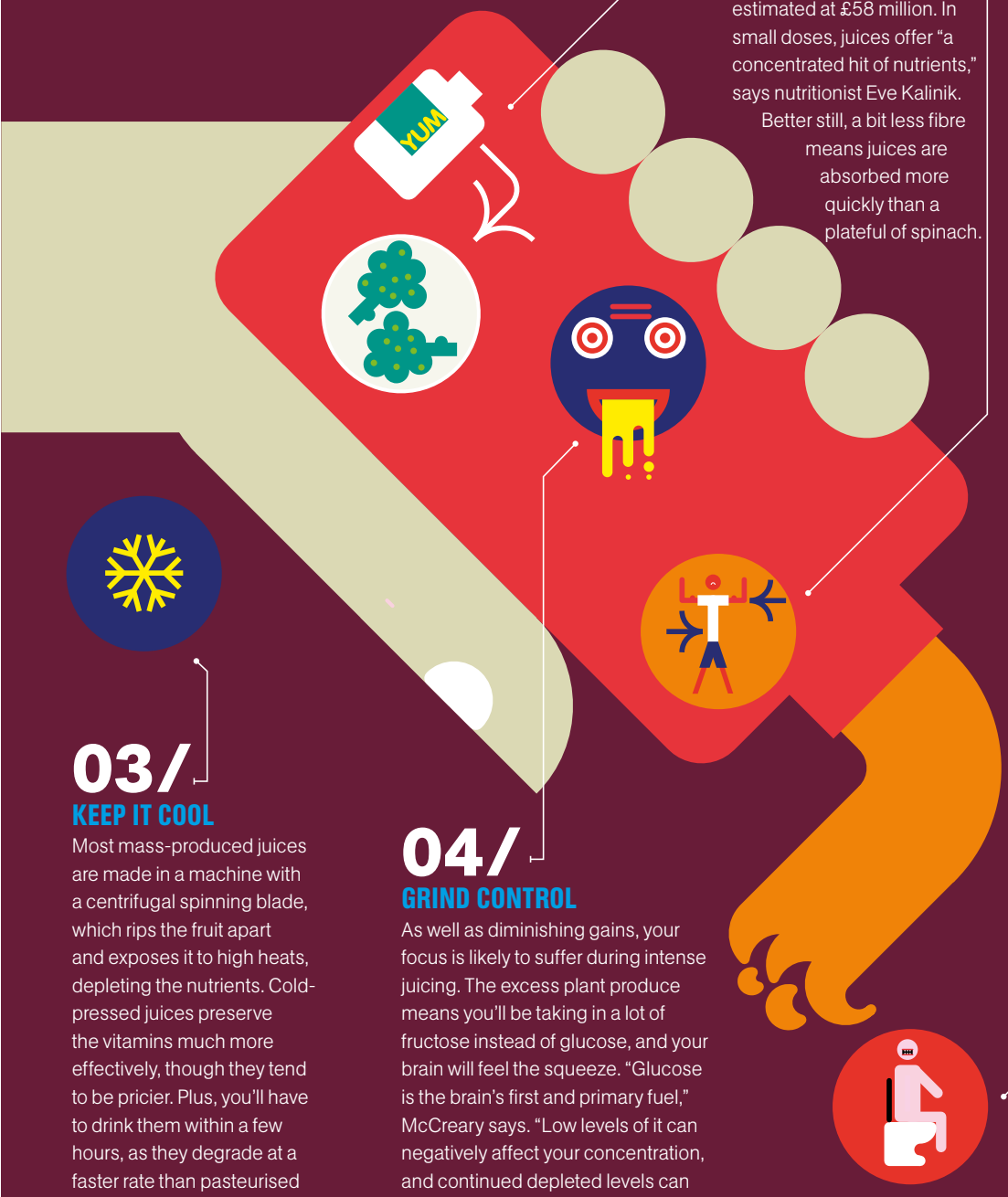
Men'sHealth

www.mens-health.com.my

mongoose

Pulp Fact & Fiction

Has the most-hyped trend in health drinks been squeezed dry? MH pops the lid on juicing



01/ ALL THAT GREEN

The downing of catheterised vegetables used to be the preserve of LA luvvies and Notting Hill mummies. But green bottles now crowd supermarket aisles, with the value of the UK juice industry estimated at £58 million. In small doses, juices offer "a concentrated hit of nutrients," says nutritionist Eve Kalinik. Better still, a bit less fibre means juices are absorbed more quickly than a plateful of spinach.

02/ MUSCLE MATHS

Despite cleansing juices being very much *au courant*, the scientific jury is still out. While bypassing proper meals for juices can put you in a calorie deficit and result in some weight loss, where you lose it from is another matter. "You can only metabolise about 1kg of fat in a week" says dietitian Lorraine McCreary. "So any more is down to fluid loss in the first few days, ironically."

03/ KEEP IT COOL

Most mass-produced juices are made in a machine with a centrifugal spinning blade, which rips the fruit apart and exposes it to high heats, depleting the nutrients. Cold-pressed juices preserve the vitamins much more effectively, though they tend to be pricier. Plus, you'll have to drink them within a few hours, as they degrade at a faster rate than pasteurised supermarket versions.

04/ GRIND CONTROL

As well as diminishing gains, your focus is likely to suffer during intense juicing. The excess plant produce means you'll be taking in a lot of fructose instead of glucose, and your brain will feel the squeeze. "Glucose is the brain's first and primary fuel," McCreary says. "Low levels of it can negatively affect your concentration, and continued depleted levels can make you irritable or even nauseous."

05/ LIMIT YOUR LIQUIDS

After three days of juicing, your body realises it's not getting the fat and protein it needs and begins breaking down muscle tissue to make up for the shortfall. The lack of fibre impacts your gut, leaving you constipated and at risk of digestive upsets. If you've finished a detox, beware of a blow-out reward meal – reintroducing food gradually will stop it exiting your body not-so-gradually.

WORDS: **GEORGIA SCARR** ILLUSTRATION **PETER GRUNDY**

Eat Shoots And Leave Fat Behind

Chia? Over. The latest high-protein morsels shooting off the shelves are sprouted grains. Make them more than just low-carb fillers



POWER PLANT TEFF

Hailing from Ethiopia, teff is the endurance fuel of champion runners. Rich in protein, calcium and iron, it also provides plenty of resistant starch, which balances blood sugar to keep weight in check. A dope side dish.
NOW DO IT It's gluten free and highly versatile. Just substitute wherever you'd normally opt for rice, and reap the stamina benefits.

PAIN & GRAIN QUINOA

You're doubtless aware of the myriad health benefits of quinoa (and if not, what have you been reading?) but soaking it for 12 hours and letting it sprout ramps up the rewards. Specifically, sprouting activates more beneficial enzymes, while delivering a bigger protein punch and serving up antioxidants to soothe your muscles after a workout.
NOW DO IT Stir it into a salad with broccoli, feta and pomegranate seeds for a one-course muscle multivitamin.

DETOX DEFENDER ALFALFA

Alfalfa has been cropping up in the kitchens of the whole-food brigade for a while; now it's time the rest of us got in on the act. The sprouts of this plant help your body to filter out nasty toxins and cholesterol as well as boosting circulation. They're also a boon for protein digestion, ushering the nutrients from the rest of your breakfast in the direction of your muscles.
NOW DO IT Couple with scrambled eggs on rye toast for a virtuous morning protein boost.

PRESSURE DROP MILLET

Feeling the heat at work? Decompress with this form of sprouted grass. It's a rich source of magnesium, for lower blood pressure, while a partnering tryptophan kick will ensure you get a decent night's sleep after your nutritious dinner.
NOW DO IT Steam your sprouted millet then toss into a stir-fry. Dress with sesame oil to score a few more heart-health points.

COLD COMFORT GARLIC

Okay, so this one isn't a grain (and, if you want to get technical about it, neither is quinoa). It does sprout, however, and this is the key. Allowing garlic bulbs to germinate by leaving them at the back of the fridge for a week drastically ups their antioxidants' potency.
NOW DO IT Roast a chicken with 40 cloves of sprouting garlic (a French classic) for the ultimate flu-fighter.

> SPROUT YOUR OWN

Cultivate your own superfoods with the Nourished Kitchen

Step 1 **Put your grains in a jar** and cover with lukewarm water. Soak overnight then drain and rinse. Return to the jar.

Step 2 **Place some cheesecloth over the jar** and secure with a rubber band. Tip the jar upside down, and leave it at an angle.

Step 3 **Rinse the grains twice a day,** then leave the jar tipped. You're done when the sprout is just emerging. It takes three days.

WORDS **JACK HART** PHOTOGRAPHS **JOBE LAWRENSON** ADDITIONAL PHOTOGRAPHS **ALAMY**



No Longer Playing Catch Up

Find out how this entrepreneur's will to always challenge himself helped him shed the kilos for good

MOHD IZZAT BIN MOHD ZIN has always been a fairly confident guy, even when he was 55kg heavier. Now weighing in at a much trimmer 80kg, the self-confessed clown of the group had initially used humour as his crutch to deflect attention away from his size and towards his comedic antics instead.

In university, he envied the vast array of fashionable choices available to his peers, but not to him due to his size. Clearly concerned, his mother advised him that losing weight would open up more opportunities for him. As it so often turns out, mother was right – and Izzat, who now models, is cast in advertisements and hosts television shows, can't help but agree with her foresight those years ago.

Though intensely difficult at first, he surprised himself with his own discipline; he found reward and motivation in the falling number on the scales. In addition to regular treadmill sessions, he supplemented his workouts with frequent gym classes. Over time, he noticed the shame and anxiety he used to feel about exercising in public starting to disappear, along with the weight.

Passionate about eating well, he believes the real change came when he started to make healthier food choices. He eliminated all the sugar, oil and fat from his diet first. In their place, he introduced plenty of fruit, oats, and believe it or not, kimchi.

An avid fan of the outdoors, Izzat has hiked most weekends for as long as he can remember, finding solace and rejuvenation in the forest. The difference now? His weight no longer gets in the way. He's even vowed to make it to Mount Everest's base camp this year – a far cry from the guy who used to huff and puff on the gentlest of hikes.

When asked why Everest, he replies, "I want to challenge myself and prove to myself that I can do it." It's probably the same grit and determination that saw him through those difficult early days, though he didn't know it then.

His friends have been immensely supportive of his weight loss journey, and he's even amassed quite a fan base on Instagram. With a following of over 5,500, Izzat feels some responsibility to maintain his fitness efforts. "I like helping people on their own weight loss journeys because I've been there myself," he says. And with everybody else cheering him on, Izzat finds time and time again that his biggest competition is really just himself.

Workout Routine

Izzat's fitness routine consists of gym classes four times a week, with a cardio session before or after. He also hikes most weekends.

Diet Regime

BREAKFAST:
Yoghurt and honey, or oats with fruit with the occasional capati; black coffee

MID-MORNING SNACK:
Fruit (which he always has in the fridge)

LUNCH:
Salad with chicken or homemade aglio oglio pasta

AFTERNOON SNACK:
Nuts, occasionally

DINNER:
Homemade chicken soup, salad with tuna and kimchi



BEFORE: 135KG

AFTER: 80KG

NAME: MOHD IZZAT BIN MOHD ZIN
AGE: 29
HEIGHT: 180CM
TIME TO REACH GOAL: TWO YEARS

WORDS **JUNE SEE** PHOTOGRAPH **HIZWAN HAMID** LOCATION **CELEBRITY FITNESS WANGSA WALK**

It Takes Two

There's nothing wrong with dinner, drinks and holding hands; but why not try these four hands-on date ideas instead?



Mould a Vase at Clay Expression

Think *Ghost* with Demi Moore: go for the Explorer Ceramic course at Clay Expression; it's a class for beginners to learn the basic on-wheel techniques of clay pottery. The class will also teach you simple off-wheel hand-building methods, such as pinching, mould-pressing, and coiling. At the end of the session, you will then undergo a test of designing your very own home decor items – which hopefully symbolise your love for each other. Sign up for eight classes, three hours each, for RM120 per class per person. That's plenty of bonding time for you and her this Valentine's Day and beyond. *clayexpression.com*



Go on a Ride for Two at FRIM

Leave thoughts of a dinner and movie at the door. FRIM offers couples the chance (and the challenge) of hiring a tandem bicycle and taking it through their forested bike trail. Sure, it's plenty of fun, but tandem cycling will test your teamwork, coordination and communication, making it ideal for couples who aren't afraid to learn new things about each other in an environment far from the comforts of a cushy movie theatre. The bikes are only available for rent on weekends, with RM25 netting you a tandem bike for an hour, with every additional hour costing RM2. *ecocanasports.com*



Bake a Cake at ICCA

Buy her a cake on Valentine's Day? Anybody could do that. Instead, learn from the professionals at International Centre for Cake Artistry (ICCA) about the piping skills and cake decorating techniques with butter cream, and create your own cake design to symbolise your love for each other. All instructors are Wilton-certified, so you'll be in great hands. Master the art of modern and traditional cake designs, then put your creativity to the test. If this becomes a newfound hobby with your missus, you'll be giving new meaning to "sinful treats". Two four-hour classes, taking place over two days, will cost each person RM583. *iccacakedecor.com*



Heat It up on the Dancefloor With (Not At) Zouk

Salsa was *so* yesterday. Word on the street is that the new dance to get into is Brazilian Zouk. This lyrical dance takes its roots from Lambada and incorporates flowing movement performed intimately to a wide variety of modern music. Dance classes are a great way for you and your girl to learn something new together, and to get closer (physically and mentally) at the same time. Even if you still come out with two left feet, you can at the very least say that you gave it a shot. An eight-lesson course costs RM220 per person, with lessons available at Rhythm Identity. *rhythm-id.com*

WE ASKED THE READERS OF WOMEN'S HEALTH FOR THEIR ULTIMATE GUILTY PLEASURE LOVE SONGS. TRY NOT TO CRINGE!

TRULY, MADLY, DEEPLY
Savage Garden
"Darren Hayes was seriously dreamy."

BABY
Justin Bieber
"I only listen to this song for Ludacris; he makes me feel like a teen again, and reminds me of being in puppy love."

STICKWITU
Pussycat Dolls
"It's a song about togetherness and sticking with each other, no matter what."

YOU AND ME
Lifehouse
"Despite its repetitive appearance at weddings, it's impossible to discount Jason Wade's beautiful voice."

ADORE YOU
Miley Cyrus
"What's not to like? It's a song for two people in love, and how they love and adore each other very much."

ALL OUT OF LOVE
Air Supply
"Do you even really need to ask???"

MAKE YOU FEEL MY LOVE
Adele
"You can't ignore how Adele makes you feel everything all at once in this song."

I WILL ALWAYS LOVE YOU
Whitney Houston
"I know every word."

HERO
Enrique Iglesias
"One of the greatest love songs, sang by a man willing to sacrifice himself. Enrique always takes my breath away."

KISS YOU
One Direction
"It's so infectious; you can't help but sing and dance along to it. Also open for a smooch from any of the band members any day."

WORDS: JUNE SEE & PATRICK LOH

Wheel Love

Conventional wisdom may say that you can tell a man by his shoes or watch, but the state of your car could be the biggest red flag of all



PETROLHEAD
Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.



NO ONE EVER SAID THE TERM "Dress to impress" should be limited to what you're wearing. Our cars are an extension of ourselves, and making your ride presentable is just as important as choosing the right shirt when you're taking that special someone out on a Friday night. We reckon you could (and should) extend your pre-date routine to your ride too! This month, *Men's Health* offers a few hacks to get you started.

GROOMING

This is Pre-Date Ritual 101. Your appearance always makes a good first impression, and though you may have cut your hair and shaved, leaving your car in a mess is an absolute deal-breaker for most women. Cleanliness reflects your personal habits, so we suggest you break out your shorts and get cleaning, or send your car to your regular auto-grooming centre (you have one, don't you?).

Make no mistake: car grooming isn't limited to just having it washed and vacuumed. Here's a checklist of often-overlooked areas that must be tackled too:

√ GLOVE COMPARTMENT: We tend to stash things here, because out of sight, out of mind, right? Wrong. All that junk usually leads to random rattling and irritating noises. Clean it out!

√ FIND LOOSE ITEMS: Take a quick scan of other compartments for odds and ends such as coins, pens and even stray pieces of plastic. Side door compartments are always the biggest black holes!

√ SEATS: Although the seats themselves can be given a quick wipe down with upholstery cleaner, we tend to overlook the dirt, the dust and the debris that get trapped in crevices. When allowed to build up, they emit a funny smell, which you will become oblivious to over time, but is likely to overpower new passengers i.e. your date like a bad case of BO.

√ SCENT: If your ride smells like old gym socks, we recommend that you air out your car by opening all the doors, or send it for a thorough steam cleaning. No expense should be too great when making that good first impression. To keep unwanted odours at bay, invest in a car freshener, but nothing too strong. A scent like vanilla should keep things neutral yet familiar.

WHERE'S YOUR JUKEBOX?

Music usually kills any awkward silences, so prepare an upbeat playlist. Avoid anything too sappy. You don't want to scare her off. If you know what music she likes, throw in a few tunes that you're sure will appeal to her, but not too many or you'll risk coming across as stalker-ish.

DON'T SCREW UP!

The worst thing that could happen on a date is your car breaking down. So Rule No. 1 is ensuring that it is in good working order. Check the basics like battery, tyres and air conditioning to avoid any preventable problems. Fill up your tank and top up your Touch 'n Go for ease of travel. There's also no shame in relying on Waze to ensure you don't get lost when searching for some obscure *taman* for that great week-old café you've heard so much about.

CAPACIOUS CABINS

Top three SUVs to suit your motoring needs (and budget)



PORSCHE CAYENNE

Sprint from zero to 100kmh in just 7.7 seconds with the new Porsche Cayenne. Running on a 3.6-litre V6 engine, this five-seater delivers a good 300hp – though it consumes less fuel than its predecessors.
RM640,000, porsche.com



VOLVO XC90 T8 TWIN ENGINE

The combination of a 2.1-litre 4-cylinder petrol engine and an electric motor in this new XC90 produces a maximum torque of 640Nm and runs at 407hp, taking only 5.6 seconds to dash from zero to 100kmh. All seven seats have an ergonomic shape designed to mimic the human spine for maximum comfort.
RM453,888, volvocars.com/my



HONDA HR-V

Let the HR-V take you on a cruise with its 1.8-litre 4-cylinder engine. Although it can generate a maximum torque of 172Nm, this fuel- and cost-efficient compact crossover won't burn a hole in your pocket. You'll know your drive is eco-conscious too, when the Eco Assist ring turns green on the speedometer.
RM98,690, honda.com.my

MAIN PHOTOGRAPH **ISTOCKPHOTO** SIDEBAR WORDS **PATRICK LOH**



Under (No) Pressure

Layer your tees and shirts under these heat-resistant jackets and blazers this spring

SOME MIGHT DEEM YOU DERANGED for wearing a jacket under the blazing sun, but this spring, you'll be able to go so far as to layer your clothes without inducing heatstroke. Thanks to the following innovative creations, you can now wear several articles of clothing without sweating a river.

Pieces from H&M Studio may look warm and thick yet are anything but. "The lightweight parka made of 100-percent polyamide and the cotton windbreaker can be comfortably used for layering in this hot weather," says Abby Wee, PR Manager of H&M Malaysia.

Layering smartens up your look and gives you confidence. "It's all about putting a modern touch to classic pieces such as the zip-up boxy jacket, tailored pants and sweatshirts. These combinations also give you a smart yet sporty look," adds Andreas Löwenstam, H&M's Menswear Head Designer.

Don't let the blotched parka and the blistered sweater from D.D Collective's SS16 Collection (formerly known as Dude & The Duchess) fool you. "Our jackets and sweaters are made with nylon and polyester – materials that repel heat from the inside out," reassures Jonathan Liang, Creative Director of the (new) brand.

All H&M Studio zip-up linen jacket RM149, cotton tee-shirt RM59.90, shorts RM149 *hm.com/my*; **D.D Collective** blotched parka RM495 *dd-collective.com*

BIG TIMERS



Frédérique Constant Horological Smartwatch
This smartwatch powered by MotionX technology tracks your activities and sleep patterns, while a sub-dial displays the data collected. You can also sync it with your iOS and Android devices through the MotionX-365 app.
RM4,900, *frederique-constant.com*



Baume & Mercier Classima Automatic Two-Tone watch
That's class: Opaline dial with guilloché detail in silver, together with Roman numerals, gilded hands and hour markers, sapphire crystal case back and an alligator strap make up this Baume & Mercier dress watch.
RM11,700, *baume-et-mercier.com*



Jaeger-LeCoultre Reverso Tribute Duo
With a two-tone blue for the alligator leather strap and hands, this watch has a minimalistic dial for a more classic vibe. Look out for the Clous de Paris pattern on the reverse face.
Price unavailable, *jaeger-lecoultre.com*

WORDS **PATRICK LOH**

LOYAL WINGMEN



Alexander McQueen scarf
This summer scarf is 100-percent silk chiffon, with the brand's classic skull and hearts motif scattered all over the magenta fabric.
Price unavailable, *alexandermcqueen.com*



Penhaligon's No. 33 fragrance
Stay calm and fresh with Penhaligon's No. 33 as lavender takes centre stage, alongside bergamot, geranium, musk and tobacco for a more masculine vibe.
RM504, *penhaligons.com*



Rip Curl Beach Shirt
This slub cotton shirt keeps things casual with its uneven texture, yet lets you stay on the right side of smart with its sleek lines. Perfect for a humid day.
RM169, *asia.ripcurl.com*

PHILIPS

THE SAFEST WAY TO TAME YOUR BODY HAIR

Philips' Bodygroom series 1000 body groomer comfortably trim unwanted body hair in order to make sure that you're always ready to go. Designed to be safe even on sensitive areas, this intuitive waterproof tool is designed to allow you to get as close to 0.5mm



Learn more about the Philips' Personal Care range for men at www.philips.com.my

Heat Resistance

Cool it, Bro!

Your post-gym shower is a waste of time if you return to your office or home drenched. Put sweat on ice with thermoregulation expert Mike Tipton's Arctic manoeuvres



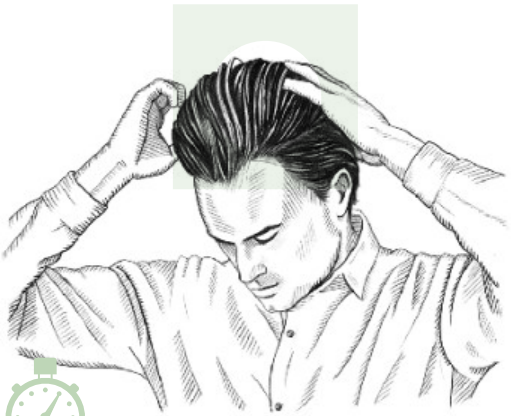
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Keep your shower just below body temperature. Too hot just adds to your heat load; and ice blasts are only a short-term win, as blood vessels near your skin shut down, trapping heat inside your body and causing an outpouring of perspiration.



+2 minutes

This is no time for compression gear. You need loose, light clothing to let sweat evaporate. Sea island cotton shirts are porous so they don't block breezes, which means sweat cools you down rather than soaking in. Leave it untucked until you get to the office for extra benefit.



+5 minutes

Ditch your usual styling gels, unless you favour the Clark Kent look. Instead, use anti-humectant products, such as Aveda's Brilliant Anti Humectant Pomade (*aveda.com*), which repel any excess moisture. Exactly what your gleaming head needs post-burpee.



+20 minutes

Still struggling to keep your cool? Stem the flow of sweat by holding your wrists under running cold water. Major blood vessels are near the surface, so you lose heat more rapidly. It's more effective than an ice vest, and certainly more office-appropriate.



+30 minutes

Avoid further perspiration by waiting until your temperature has settled before applying cream, then banish lingering shine with Clinique Stay-Matte Hydrator (*clinique.com*). Otherwise you'll look like you stepped off the treadmill in your suit.

ILLUSTRATIONS **HELENA FRANK**

The Lives, Loves and Loaves of Brothers

Tom and Henry Herbert from TLC Asia's *The Fabulous Baker Brothers* share their recipe for career success and how you can ensure harmony in your relationship



"WE'RE SO MUCH MORE THAN bread; we're actually in the business of people. We take on apprentices, offer training and make sure nothing's wasted by giving to charities. We have a very strong sense of 'family' – everything that we do is somehow influenced by that," says Tom Herbert – one half of TLC Asia's *The Fabulous Baker Brothers* – about how his livelihood and heritage are interlinked. He continues, "It's not just about great products; it has to have context and soul, so we can be a positive force in our community."

For the fifth-generation bakers, making bread and cakes goes beyond being a job or a way of life – it's in their blood. Tom describes what it was like growing up, saying, "We lived above the bakery, so if you got up in the middle of the night, you could hear it downstairs." Needless to say, he has an alternative perspective on corporate culture and how you should approach your career. **"Work isn't something you should go into from nine-to-five,"** he advises. **"It should be about who you truly are.** We're bakers – everyone we know is a customer, a supplier or a colleague."

Since its inception in the 1920s, the family's Hobbs House Bakery in Bristol, the United Kingdom, has expanded to encompass a bakery and three shops, turning out approximately 80,000 products weekly and offering employment to 130 individuals. The other half of the dynamic duo, Henry Herbert, shares his work philosophy, especially what it takes to helm a family business. "People often ask, 'What's my job?' but we want to work with them and get them to offer us something, rather than just giving instructions on what to do," he notes. **"We want everyone to get involved in bettering things by playing a more active role in the process."** Henry expands on the topic by emphasising that when you work with people, the success of your business depends on a combination of factors like good training, staff rapport and the ability to inspire loyalty.

The pair also confess that while they don't always see eye to eye, such 'friction' isn't necessarily detrimental to the business either. "We look at things in a completely different way," says Henry. "It actually makes us work better together because we constantly challenge each other." Although all the travelling that they do for work and film commitments might have its occasional drawbacks, Tom adds that the pay-off is a closer relationship with his brother. "There's always a lot of sitting and waiting when you're travelling, and it's more fun when you have someone with you," he says. "We've learnt to tolerate each other better too. At the end of the day, family always comes first; it's the foundation that lets us do all this."

A BAKER'S SECRET INGREDIENTS FOR A SUCCESSFUL RELATIONSHIP

RECRUIT CHOCOLATE AS YOUR WINGMAN

"Have one easy-to-make killer chocolate recipe that'll get you out of trouble," Henry suggests. "I'm married, but I've never met a woman who doesn't like chocolate. Whether it's for a date or you're in the doghouse, give her some chocolate. I have one called the 'Get Out of Trouble Chocolate Cake' that I make when I've been away for work."

PUT YOUR HEART INTO IT

"Personalise whatever it is that you're making or doing, so that it's thoughtful or even poetic," Tom says. "The smallest gestures can pull at her heartstrings. For example, when I was dating my wife, I made hot-cross buns for Easter; but instead of a cross, I did a 'I heart you' and made sure that they were still warm when I took them to her."

FLEX THOSE CREATIVITY MUSCLES

Worried that you're not the most creative bloke on the block? "Creativity is like a muscle. Everyone's creative, but sometimes at school, they get it taught out of them," Tom points out. "The more you work at being creative, the easier it becomes. It's a bit like love; it's not like there's just so much of it and you have to tear it all out."

MAKE IT WORK

And the Baker Brothers' key ingredients for a lasting relationship? Communication, compromise and affection. "Be open about how you feel. Don't sweep things under the carpet. Discuss things with each other," Henry says. "Work as a team and enjoy each other's company. Don't fight over pointless things – it's never worth it." Tom, on the other hand, chooses to sum up the secret to a successful marriage in a single word: "Snogging."

WORDS **ANIS TAUFIK** PHOTOGRAPH **TLC**


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DON'T GIVE UP!

If you're already losing hope about executing and excelling at your New Year Resolutions, don't worry! Clique Clinic has some advice on how you can still seize the moment and fulfill all your goals

When 1 January 2016 arrived, you were raging for a new start. However, you got a little carried away with all the celebrations, partying and snacking; and now you're finding it difficult, if not impossible, to keep your new year resolutions. But don't wait until 2017 for a do-over! Here are Clique Clinic's solutions to the most common failed New Year resolutions.

I WILL GET INTO SHAPE

The first week of the year normally sees a surge in gym membership sign-ups, which sees gyms packed to the brim during the first few weeks of January. But the enthusiasm fades quickly, and soon, the gym becomes a distant memory for many.

SOLUTION:

Don't waste your precious hard-earned money on the membership fees – unless you are absolutely sure that you will visit the gym regularly. Instead, look for a gym or an arrangement that allows you to pay each time you visit. Alternatively, join a gym with a friend, and motivate each other to achieve realistic fitness goals.

I WILL EAT HEALTHY

The new year is also a time when fad diets suddenly become popular. But these trends are often unsustainable in the long run, and the weight you might lose will just end up back around your waist as quickly as you lost them. Not to mention that some fad diets do not provide all the necessary nutrients for health.

SOLUTION:

Stick to a healthy, balanced diet with natural unprocessed foods. Cut out junk food. If you have an unstoppable craving, then have it as a cheat meal. After that, go back to healthy food for most of the time.

I WILL REST

"Work hard, party hard," they say. But whoever "they" are never talks about the rest required in between. A lack of rest can lead to all kinds of health problems, and can lead to dark eye circles and eye bags which cause an aged look.

SOLUTION:

Get six to eight hours of sleep per day. If you have trouble sleeping, it might be a good idea to visit your physician or doctor who can find out the root cause of your insomnia, and offer solutions or treatment. Avoid caffeinated drink late in the evening. Consider melatonin, which is a natural supplement that aids sleep.

I WILL TAKE BETTER CARE OF MY SKIN

New year, new you, new look. A lot of people have the resolution to improve their appearance, and then spend a lot of money at their local pharmacies buying all kinds of skincare products. However, too much products may be a problem as well, leading to breakouts and even worsening their skin condition.

SOLUTION:

Check the ingredients list of the products to ensure that they do not contain harmful chemicals. Hyaluronic acid is a natural product proven to improve skin condition by boosting your skin hydration levels. Clique's Dewy Skin Booster will give you great looking skin throughout the year

BEFORE AND AFTER HYALURONIC ACID FILLERS



Before | After

BEFORE AND AFTER SCALP PRP TREATMENT



Before | After

I WILL HAVE A NICE HAIR

Scheduled a visit to the hairstylist for a new haircut to complete the new look? Unfortunately for many men, thinning hair and receding hairline is a sad reality. Male Pattern Hair loss affects men as early as in their thirties. Even royalties are not exempted!

SOLUTION:

It is best to stick to short hairstyles if you have thinning hair. Talk to your hairstylist who would be able to recommend a suitable haircut. Whatever you do, do not opt for a comb-over! If you are in the early stages of hair loss, you can still seek treatment to restore your crowning glory. There are oral medications and even topical products which can halt hair loss. Platelet Rich Plasma contains growth factors which can promote new hair.

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Tel: 03 7960 1211
Email: care@cliqueclinic.com
Website: www.cliqueclinic.com, www.cliqueaethetic.com
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What Can a Shrink Do for You?

Plenty – if peace of mind is important to you. Not sure where to begin? Read on to find all the answers on therapy



MEN ARE EVOLVING. THE old bottle-it-up-and-drink-it-away approach to dealing with psychological or emotional distress has shifted to a new talk-it-through strategy: 42 percent of men ages 18 to 32 view the shrink's couch as an essential part of wellness, according to a 2014 millennial health survey. "Men are starting to realise that talking about their feelings can help them live happier, healthier lives," says Ronald Levant, Ed.D., a co-founder of the Society for the Psychological Study of Men and Masculinity. Read on to figure out if you might benefit from a couch confessional.



How am I supposed to know if I even need to see a therapist?

Sadly, there's no blood-pressure equivalent for mental health. But if you feel like you're losing control of life, a therapist can help you seize the helm. "The word I use is 'stuck,'" says Joel Wong, Ph.D., a professor of counseling psychology at Indiana University. "Most of my male clients came to me when they were caught in a rut they couldn't seem to get out of."

Problems with anger or alcohol could be cause for the couch, but don't feel you have to pinpoint the issue, says *MH* mental health advisor Thomas Joiner, Ph.D. "Do you have a problem that's affecting your ability to function? Is it costing you jobs? Relationships? It doesn't matter where it came from. It's important to get help."



Wouldn't it be easier just to pop a pill?

You should think of antidepressants as the remedy of last resort. Sure, they can be useful in some cases. But they also come with the potential for side effects, including insomnia, weight gain, and sexual problems. And they're already over-prescribed in the United States: a recent study published in the *Journal of Clinical Psychiatry* reported that nearly 70 percent of people taking antidepressants did not meet the criteria for clinical depression.

But more to the point, a therapist can help you develop strategies for overcoming any negative thought patterns and destructive behaviors you might have, and that's something no pharmaceutical remedy can do. Or, as Wong puts it, "Pills don't teach skills."



What kind of therapist should I visit?

A counselor or a licensed social worker will give you a solid intro to talk therapy, Joiner says. And if it turns out you need more help, he or she may refer you to a psychologist (a Ph.D. or Psy.D. who can diagnose and treat mental illness) or a psychiatrist (a medical doctor who can prescribe medication).

If you're worried you'll choose the wrong therapeutic discipline – cognitive behavioral therapy, experiential therapy, and so on – don't be. "Rapport with the therapist is way more important than the specific technique," says David Wexler, Ph.D., executive director of the Relationship Training Institute in San Diego. To boost your odds of success, chat with a few prospective therapists on the phone before making an appointment.



I'm worried that my problems aren't big enough. What if I have nothing to say?

Don't worry. You're not on trial. The agenda is looser than you might expect, Wexler says. A good therapist just wants to make you feel comfortable so you can speak on your own terms.

But say you do freeze up. Ask about "triangle conversations", where the client and therapist engage in a common task, such as playing cards. "The ability to focus on the game instead of the counselor often allows men to talk more freely," Wexler says. Or consider e-mail or video chat. A study in the *Journal of Affective Disorders* found Internet-based therapy to be as effective as face-to-face sessions in treating depression.

WORDS **DAVID MCGLYNN** PHOTOGRAPH **ISTOCKPHOTO** ILLUSTRATION **ZACH GRAHAM**

PEOPLE WHO USED TALK THERAPY INSTEAD OF MEDS SPENT ABOUT 40 PERCENT LESS ON TREATMENT OVER 16 MONTHS – AND THE RESULTS LASTED LONGER.



How much is therapy going to set me back?

It's definitely less than the cost of a mental meltdown. Paying out of pocket, you may fork over as much as RM650 for a single session, but many will charge you something in the range of RM80 to RM350 per visit. Your health insurance is likely to foot a big chunk of the bill, but confirm that your plan covers your treatment before you're on the hook. Your company may even offer an employee assistance programme that provides free access to short-term counseling.

Still worried? Consider how much you'll save over medication: researchers at the University of Washington found that people who went to therapy instead of taking meds spent about 40 percent less on treatment over 16 months – and the results lasted longer. Check out *www.psychiatry-malaysia.org* for a list of private psychiatrists in Malaysia.



Should I make a special effort to find a male therapist?

Try not to focus on gender. (If you can't help it, then you have a lot to talk about on the couch.) A study in the journal *Psychotherapy* suggests that the therapist's gender doesn't affect treatment success, so ask around among people you trust for recommendations.

Still, some men may be more comfortable with a woman, and there may be scenarios in which a woman may have the edge: "If a man has gone through a difficult breakup or is having trouble understanding his wife, a female counselor might provide a better opportunity to work through those problems," Joiner says.

36

Percentage of men with mental illness who were not treated for it in the past year, according to a report from the U.S. Department of Health & Human Services. Have trouble asking for help? Check out mantherapy.org. "The site delivers health information in a novel package," says Vancouver-based psychologist Will Meek, Ph.D. Which is to say: it's funny as hell. You'll be rolling on the floor while you find out more on therapists and what they do.



How many sessions do I need before I can get on with my life?

"There's a chance we could talk through everything in one session," says Fredric Rabinowitz, Ph.D., a professor of psychology at California's University of Redlands. It's more likely, however, that you'll need at least a couple months of weekly therapy: a *Journal of Counseling Psychology* study found that the first couple of sessions have the biggest impact, and that the rate of improvement slows with each additional session. But it's not a one-size-fits-all plan: some people need as few as three sessions, while others in the study took 26 or more.

Regardless, don't delete your therapist's number when you're done. Many men find it useful to go back once or twice a year for a mental checkup, Rabinowitz says.



Will my shrink think I'm wasting time if I just talk about the stress of my job?

You're paying, right? So what he or she thinks doesn't matter. But more important, you probably spend as many hours at work as you do at home – if not more – and that time can have a huge impact on your well-being. "A job-related problem is actually a great reason to seek counseling," Wong says.

Heck, therapy can actually give you a leg up at the office: U.K. researchers found that 13 weeks of cognitive behavioral training significantly increased workers' job satisfaction and self-esteem. Even their productivity improved: 65 percent of the employees performed at or above average compared to their co-workers for two years after the therapy sessions.



Can therapy help me perform in the sack?

When do you most feel like getting busy: when you're happy and relaxed, or when you're stressed and tense? Exactly. Studies show that anxiety and depression can make men more likely to go limp in the bedroom. In fact, ED meds seem to be more effective when combined with therapy, according to researchers in Switzerland. And if the problem stems from sexual anxiety, counseling can help you communicate and empathise with your partner – a strategy that can ultimately relieve some of the performance pressure.

"Connecting behavior, such as listening and emotional vulnerability, can be the greatest foreplay of all – especially for women," Wexler says. That's right: you can earn credit without lifting a finger!



Will my therapist try to make me cry?

Relax, it's not as if anybody's getting a kickback from Kleenex. If you do tear up and bawl your eyes out, know that lots of men turn weepy in therapy. They may not be used to talking about emotions, and doing so can feel overwhelming, Rabinowitz says.

In fact, a little sobbing gives you some extra bang for your therapy dollar: a Dutch and Croatian study suggests that crying may cause your parasympathetic nervous system to engage and your brain to release oxytocin, inducing relaxation and improving mood. And researchers at the University of South Florida found that tearing up in the presence of another person (like your therapist) can lead to a greater mood boost than flushing your ductwork by yourself.

Date Night Sweat Out

Recipe for an unforgettable Valentine's Day: you, your girl, some tubings – or rope – and a ball. Are you ready for a date that'll get your blood pumping and sweat running? No, not like *that*. This month's exclusive workout programme is designed for couples, so give it a shot with your partner. If she asks, the hashtag is *#fitcouplegoals*.



1/ Mission(Ary): Burpees Vs. Glute Bridges

Ease yourself into missionary… just kidding! **[A]** Start from a push-up position. **[B]** Jump forward, bringing your knees forward as you jump. Brace yourself to do a squat. **[C]** Leap up high and raise both hands over your head. Do six burpees.

Meanwhile, your partner will perform a glute bridge **[D]** and hold the position while you finish. Swap roles when you're done.



2/ On One Knee: Lunge And Row

Time to push and pull. **[A]** Grab a pair of tubings and cross them with your partner. Come down into a lunge, ensuring your arms are parallel to the ground.

[B] Pull the tubings towards you as you come up. Remember: nothing else should come up either. Do six reps, then swap legs.

WORDS **ANIS TAUFIK** PHOTOGRAPHS **CHEE MINH GEH** MODELS **ZAWEN ANWAR & WANJUN LEE** LOCATION **FIT MALAYSIA**





DESIGNED BY
Jerrican Tan, C.S.C.S., Director of FIT Malaysia

BEST FOR
General fitness and health maintenance. Bonus: it boosts your heart rate, so you get to sweat outside the bedroom.

EQUIPMENT
Tubings and a medicine ball.

DIRECTIONS
Do six reps of each exercise back-to-back in a circuit. Aim for three circuits. Do the workouts three to four times a week.



3/ Animal Instinct: Alternating Bird Dogs
Stop before you get rope burns, because it's time for bird dogs. **[A]** Get down on your hands and knees in front of each other.

[B] Raise your left hand and reach forward, while also raising your right foot and pointing back. Your partner moves the opposite way and should be in-sync with you. Do six reps, then swap sides.



4/ Give and Receive: Reverse Wood Chop
Time to switch positions. Stand with your backs against each other. Hold the medicine ball next to your right hip, **[A]** swinging up to your left shoulder to **[B]** pass it to her.

[C] She'll swing down to pass the medicine ball back to you at your right hip, so get down to receive it like a man. Do six reps in one direction, swap, then change roles.



5/ Finish Together: Mirroring Side Lunges
Face each other again. Pick a side – not on bed – and get ready to do **[A]** side lunges together.

Some pointers: **[B]** keep your feet planted firmly on the ground, and push through your heels when you come back up. **[C]** Stretch your hands in front of you to maintain stability. Do six reps towards one direction, then change sides.

The Belly-Fat Inferno

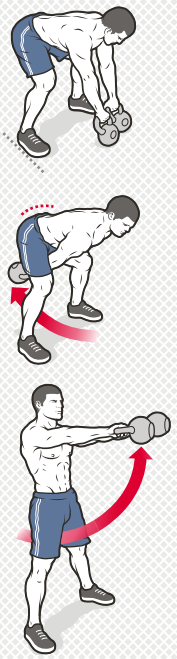
Packed gym? No problem. All you need is a pair of kettlebells for this 22-minute sweat session.

BEST NEW WORKOUT OF THE MONTH!

1/ Double Kettlebell Swing

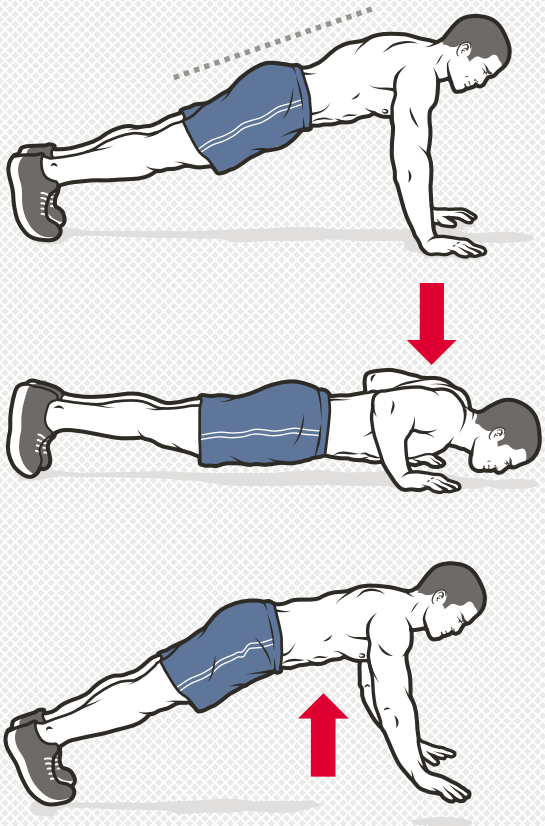
Place two kettlebells on the floor in front of you. Stand with your feet slightly beyond shoulder width, push your hips back, and grab the kettlebells' handles. "Hike" the kettlebells between your legs, and then thrust your hips forward as you swing both up to chest level. Swing them back between your legs. That's 1 rep; continue without pausing.

Reps: 20



2/ Explosive Push-up

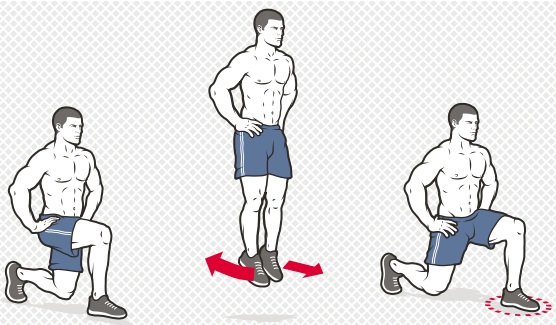
Assume a push-up position with your feet together, arms straight, and hands slightly wider than your shoulders. Lower your body and then push up with enough force for your hands to leave the floor. Land and repeat. **Reps: 12**



3/ Split Jump

Assume a staggered stance with your right foot forward. Lower your body into a lunge; then jump up, scissor-kicking your legs in the air. Land with your left foot forward and drop back into a lunge. That's 1 rep. Alternate legs each rep.

Reps: 12 per leg





DESIGNED BY
Mark Fisher, C.P.T., co-owner of Mark Fisher Fitness

BEST FOR
Revving your metabolism, building lean muscle, and boosting your total-body power and endurance

EQUIPMENT
Two kettlebells

CALORIES BURNED
331*

TIME
22 minutes

*As measured by a fit 1.88m, 84kg man using a Polar M400 heart rate monitor

DIRECTIONS
For the next month, replace one of your weekly workouts with this routine from Mark Fisher's popular Snatched program. Perform the moves as a circuit in the order shown, moving from one immediately to the next and resting for 30 to 60 seconds only after the third and sixth moves (the split jump and the kettlebell row). Once you've completed all 9 exercises, rest for 60 seconds and then begin the circuit again. Do 3 circuits total.

ILLUSTRATIONS +1SM PORTRAIT ILLUSTRATION MARCO GORAN ROMANO ICONS HUBERT TERESZKIREICZ

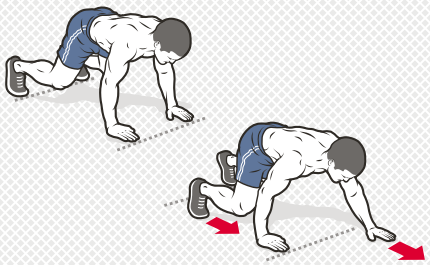
4/ Goblet Squat

Stand with your feet slightly beyond shoulder width and hold a kettlebell by the sides of its handle in front of your chest. Push your hips back, bend your knees, and lower your body as far as you can; your elbows should brush the insides of your knees. Pause, and stand back up. **Reps: 10**



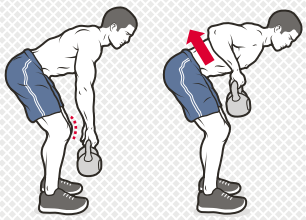
5/ Bear Crawl

Get down on all fours with your hips up and knees bent approximately 90 degrees. (Only your hands and toes should touch the floor.) Crawl forward, moving your opposite hands and feet in unison (left hand and right foot, right hand and left foot). **Time: 30 seconds**



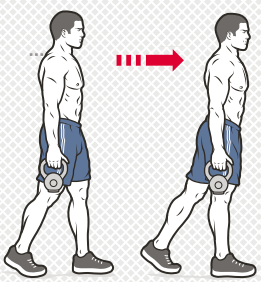
6/ Kettlebell Row

Grab two kettlebells, push your hips back, bend your knees slightly, and lower your torso toward the floor. Let the weights hang at arm's length. Row the weights to the sides of your torso. Pause, and lower them back to the sides of your torso. Pause, and lower them back to the starting position. **Reps: 12**



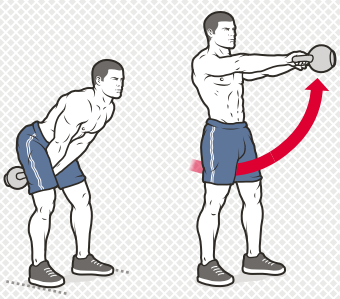
7/ Kettlebell Suitcase Carry

Hold a kettlebell in your right hand by your side like a suitcase, keeping your shoulders square and torso upright. Maintain this posture as you walk forward for the prescribed distance. Switch hands, turn around, and walk back. **Distance: 20 steps (each way)**



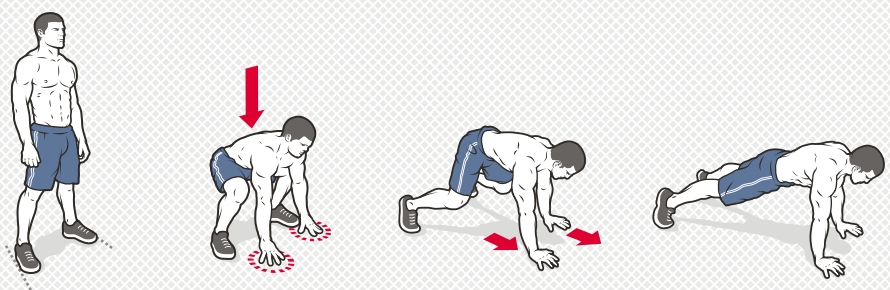
8/ Kettlebell Swing

Place a kettlebell on the floor in front of you. Push your hips back and grab the handle in both hands. "Hike" the weight between your legs; then thrust your hips forward and swing it up to chest level. Swing it back between your legs. That's 1 rep; continue without pausing. **Reps: 20**



9/ Reverse Burpee

Stand with your feet shoulder-width apart. Now squat and place your hands on the floor. Instead of kicking your legs back (as you'd do in a conventional burpee), "walk" your hands forward until you're in a push-up position. (Optional: Do a push-up.) Pause, and reverse the move to return to the starting position. **Reps: 8**



AMPLIFY YOUR GAINS: 3 FAST WAYS TO BUILD MORE MUSCLE.

ADJUST YOUR REST AS YOU GO
Tailor it to your fatigue level. "Start with brief rests and make them longer as you go," says trainer Mark Fisher.

LEARN TO IMPROVISE
Kettlebells taken? Grab dumbbells instead. You can use them for all the weighted moves in this workout, Fisher says.

COOL DOWN THE RIGHT WAY
Tough workouts tax your nervous system. "Foam-rolling and meditation can speed recovery," Fisher says.



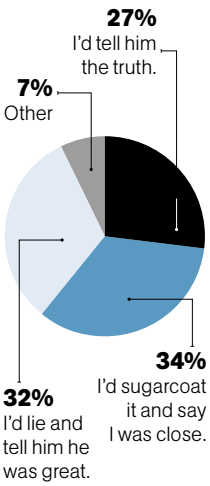
What's on Her Mind During Sex

We asked 2,500 women to reveal their mid-romp thoughts. Listen up, learn, and enjoy sex even more

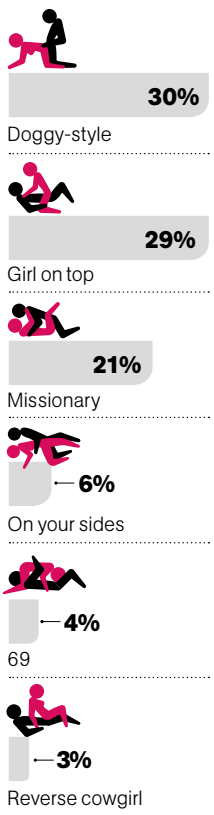
ASK A MAN TO DESCRIBE HIS THOUGHT PROCESS WHILE he's having sex and you'll get this: *CrapHangOnWaitNotYet* – followed by flashbacks to the 2012 World Cup Final and his Form Two algebra teacher. What's in her head, on the other hand, may be more useful. Happily, *Women's Health* readers were eager to share, minute by hot (or not) minute. "Talking about whatever's on your minds during sex can be the final frontier to a more satisfying relationship," says couples therapist Ian Kerner, founder of the online sex guide Good in Bed. Read on to discover her sexual subtitles.

FAKES AND FAVES: WHAT 2,500 WOMEN TOLD US

IF YOU FAKED IT AND HE ASKED, WHAT WOULD YOU SAY?



WHAT'S YOUR FAVORITE CLASSIC SEX POSITION?



WORDS **MIKE DARLING** PHOTOGRAPH **ISTOCK** ILLUSTRATIONS **HUBERT TERESZKIEWICZ**

0:45
"Damn, you look good in that T-shirt."
Given six choices, 30 percent of the *Women's Health* readers we surveyed said muscular arms are their biggest physical turn-on. Broad shoulders came in at 25 percent. As for that elusive six-pack? Only 6 percent of women put it first on their wish-list. So until your hammer curls pay off, wear fitted shirts that hug your guns; no more than two fingers should fit in an armhole. Or try a raglan tee to create contrast by broadening your shoulders and chest, says *MH* fashion director Brian Boyé.

1:12
"But your mouth tastes like blue cheese."
Why'd you order the sambal udang petai? When asked to pick their most toxic turn-off, nearly half the women surveyed said bad breath. But avoid alcohol-based mouthwashes, which can make your breath worse, warns Manhattan dentist Jennifer Jablow, D.D.S. Her strategy: stay hydrated and use mouthwash with zinc. You can also chew on parsley (finally, a use for it!) – the chlorophyll neutralises odours. Or pop a piece of gum containing xylitol to increase saliva production, Dr. Jablow says.

2:13
"You want to do *what* to my 'sweet ass'?"
Many women find that the pressure of talking dirty interrupts progress to a screaming orgasm, Kerner says. What they'd most like to hear: moans and groans. Men typically aren't as vocal as women are, so these are clear signs that she's doing something right, says Megan Fleming, Ph.D., a psychologist and relationship therapist. If you prefer being more explicit, just keep it PG-13. About 20 percent of women say that a simple "You're so damn hot" or "That feels amazing" will do the trick.

3:27
"Spend more time on my nipples. Please!"
It's science! "Nipple stimulation activates the same sensory brain region as clitoral, vaginal, and cervical stimulation," says Barry Komisaruk, Ph.D., a professor of psychology at Rutgers University who studies sexual response. Besides the genitalia, that's the yes-please spot for four in 10 women surveyed. Start slowly, kissing the tops and sides of her breasts, suggests *MH* sex and relationships advisor Debby Herbenick, Ph.D. As she becomes more aroused, inch toward her nipples.

4:55
"Slow down, cowboy. This is getting good!"
Tongue-tired? Pace yourself. Nearly one in four women said men should spend more time on oral sex, and a common tip was, "Slow down and be more gentle." Consider yourself a pleasure provider, says Kristen Mark, Ph.D., director of the Sexual Health Promotion Lab at the University of Kentucky. Take your time and don't go right for the clitoris; warm it up, Mark says. Make slow, circular motions with your fingers outside her vagina, and move steadily inward, teasing her with your tongue.

6:29
"You take control. I'll just enjoy myself."
Only 29 percent of women called girl-on-top their favorite position, but that still leaves plenty of other options. More than half said they prefer the man to be either "very" or "mostly" dominant in bed. So bring on the missionary. Lots of women love the intimacy of eye contact, Kerner says. The tantalising trick: "Focus on deeper thrusts that provide more clitoral contact," he says, "or raise yourself up so you're coming down into her, which will increase her likelihood of reaching climax."

7:31
"Oh, jeez, is he going to come so soon?"
Good news: seven out of 10 *Women's Health* readers are satisfied with how long men last in bed. The bad news? Even if she's not satisfied, it could be hard to tell: women tend to realise it quickly if they're not going to climax, so they fake it to bring an end to sex, Kerner says. If she's stressed-out, try talking during foreplay. Brain chemistry lowers inhibitions during arousal, so it's a good time to have a sexy conversation, Kerner says. "As you kiss and touch, you can ask her what she likes and doesn't like."

8:43
"Okay, time to think about Ryan Gosling."
Don't be threatened. Roughly half of women fantasise about sex with celebrities, a new study found. "Women tend to fantasise during sex more than men do," Kerner says. "It can help her deactivate and disconnect from stressors that inhibit arousal. It's totally normal – and in an odd way, she might get more into the sex that she's having." Help her disconnect: give her a massage or quiet stimulation with your hand or a vibrator on low, he says. "You want to encourage her to feel, not think."

9:35
"I may need to help myself here."
If she reaches down to stimulate herself, don't take it personally. In our survey, 19 percent of women "almost always" take matters into their own hands; nearly half do so sometimes, and less than 10 percent want to but hold back. Researchers in Canada found that some women hesitate for fear of hurting his self-esteem – even though men generally like the idea. More power needed? About three-quarters of women we asked don't use sex toys, but of those, 30 percent said they'd like to start.



ARE YOU A PERV?

LET *MH* SEX ADVISOR DEBBY HERBENICK, Ph.D., M.P.H., MAKE THE CALL.

I like sex when we haven't showered for a day or two.
– TRAVIS

Your body may be filthy – and it's okay if your mind is too. After all, we're animals. Many of us are drawn to odours (including sweat) and pheromones, which we may subconsciously detect and which appear to be linked to sexual attraction. There's nothing wrong with delaying that shower (and that deodorant) in favour of aromatic romance.

I sometimes masturbate to cartoon women on shows like *Archer*.
– GARY

For centuries, men have used any old image to get themselves off. Some Indian temples are covered in sculptures of adventurous sex. If you can imagine a way to depict sex or sexy women, someone has tried it, and some guy has ogled it. (Hell, George Costanza fetishised *Glamour* mag.) In the early 1900s, men used "eight-pagers" – little books of cartoon characters having graphic sex – to fuel erections. What you're doing isn't pervy – it's vintage!



Take the cake: your diet will only improve from here

Healthy Ever After

You may be able to add years to your life simply by saying two magic words: "I do"

I AM INTIMATELY ACQUAINTED with the menus at America's obesity mongers. The McDonald's Filet-O-Fish, Taco Bell's Beefy 5-Layer Burrito, the Frosty, the Whopper – you name it. Even the occasional (inevitable?) bouts of intestinal distress these foods trigger don't scare me away for long: a whiff of In-N-Out Burger's fries can launch me right back to the drive-thru.

Still, I'm more into sugar than salt and fat. I wallow in mini-addictions that last weeks or months, as various confections – Pop-Tarts, Reese's, those little generic gummy snacks at Target – enter my airspace. Most recently I was hooked on coconut M&Ms, which I could find only at a certain petrol station near my house.

I asked my doctor for suggestions on how to wean myself off candy.

"Don't buy it," he said.

He didn't understand that he was talking to a man with a sweet tooth so overpowering that a dentist once said I had the cavity pattern of a 10-year-old.

Unfortunately, I'm 45.

It may shock you to learn that I don't weigh 200kg. (I'm 97kg on a 1.83m frame.) It won't surprise you at all to learn that I've never been married. And that may be my problem.

DESPITE RECENT CONTENTIONS that the institution of marriage is on the rocks, there's good reason to

WORDS **LUCHATLESTAD** PHOTOGRAPH **ZACHARY ZAVISLAK** PROP STYLING **RICHIE OWINGS/HALLEY RESOURCES**

root for it: being in a stable, long-term union may be the best way for a man to ensure personal prosperity. For starters, a U.S. Naval Academy study linked marriage to a greater chance of being promoted at work, while a German study confirmed that married men earned more than what single men did. Then there's the bedroom benefit: despite what countless sitcoms, rom-coms and stand-up acts would have you believe, an Indiana University study found that married men were more likely to report having had sex within the past three months compared to men who were cohabitating, in a relationship, or dating.

Even more compelling are the health perks of marriage. Department of Justice research reveals that being single nearly quadruples a man's chance of being a victim of violent crime. And a 2011 meta-analysis in the *American Journal of Epidemiology* showed that a man who's never been hitched is 32 percent more likely to die early than a married guy. So not only is it useful to have a wife nearby to Heimlich that KFC bone from your esophagus, but you also may be less likely to hit KFC in the first place.

"Your spouse is the person who says, 'Did you ever get that pain in your side checked out?' or 'Isn't it time to refill that prescription?'" says Susan Heitler, Ph.D., a clinical psychologist and the founder of *poweroftwomarriage.com*. "And if there's a problem at the office, you have a therapist to come home to every night to talk about it."

This doesn't mean every man should make a mad dash to the altar. Sometimes no medicine at all is better than bad medicine. True, a 2009 study in the *Journal of Health and Social Behavior* confirms that never-married people have worse health than people who are currently married. But the same study also found that marrying and then divorcing is about the same as never taking the plunge in the first place. So the unsurprising moral is that happy marriages provide the greatest benefits of all. The trick, of course, is finding that happiness.

WHEN I WAS YOUNGER and slogging through a tough break-up, my dad would say, "If she's one in a million, there are 300 of her in the United States alone." He meant to be reassuring; I must have taken it as a challenge. In my quarter century of dating, I've survived more than 15 "serious" courtships that ranged in duration from six months to three years. Some of the women were younger than me, some older. I dated a woman who was bipolar, and a few who just had to be. I co-signed a home loan with one girlfriend but never lived in the house. I've also dated women who were lesbians before, after, and sometimes during our time together (though, sadly, never while I was in the room).

I was engaged only once, in my mid-20s. We'd been together for almost a year when she followed me to Chicago for grad school. It ended in 18 months, leading to a decade of dumbassery that saw me rebounding from one woman to the next.

These reckless dating ways had health implications. Two ex-es had herpes. Although I've never even had a cold sore, as a possible carrier of the disease I've had many mood-killing conversations with potential partners. My diet and exercise practices also tended to mirror those of whoever I was with. So even though I played basketball and baseball in university, if I was with someone curvier or who didn't work out much, I'd balloon like an expectant father gaining sympathy weight.

Whenever I dated someone more fit, I'd gamely try to keep up, eating better, exercising more, trying new things like running or biking. Inevitably, though, I'd backslide into old habits, sometimes even rebelling by becoming more slovenly than I wanted to be.

A NEVER-MARRIED MAN IS 32 PERCENT MORE LIKELY TO DIE EARLY THAN A GUY WHO'S HITCHED.

"Women will nudge men toward healthier habits even if it's not clear the relationship has a future," says Scott Stanley, Ph.D., a research professor at the University of Denver and co-author of *Fighting for Your Marriage*. "Of course, men are more willing to act on a woman's advice once they've decided she's the one."

I've historically been about as nudgeable as Jabba the Hutt. But by the time I was nearing my 40th birthday, I knew I needed to change. I'd spent the several years prior learning how to do it alone, and that's what finally prepared me to be part of a healthy, long-term couple.

DANA IS A 31-YEAR-OLD PILATES INSTRUCTOR. We met at a Republican-friendly election party we'd been lured to by friends. After bonding over the realization that neither of us leaned right, we fell into a two-hour conversation. The romance accelerated quickly, but it never felt rushed or artificial. If anything, the process has been calm and self-assured. As Heitler says, "Marriage is for grown-ups; it requires high-level skills." It took me longer than most, but I feel that I might just be a skilled grown-up.

Pfft, you're thinking. *He met the young hottie and now he sees the light?* It's more than that. Dana is intelligent, graceful, thoughtful, and mature. We talk. We plan. We look out for each other. And though she greets my witty '80s pop-culture references with blank stares, she understands the things about me that matter.

Dana has also succeeded in nudging me in a healthier direction. I'm eating better: fish, rice, and vegetables instead of my once-customary burger, fries, and Alka-Seltzer. She gives me Pilates sessions that I apply to all aspects of my physical life. And though I haven't quite neutralised my sweet tooth, I'm now in decent enough shape to play hoops with guys years younger.

As for our sex life, I'll leave it at this: Encourage your significant other to try Pilates.

DANA AND I MOVED IN TOGETHER this past August. We're not engaged yet, but I wouldn't have taken this step if that didn't seem likely, and this is the biggest commitment I've made to a woman in more than 15 years.

The new arrangement has had its tests. I'm still warming to the concept of conferring with someone about everything; we exhausted as much mental energy choosing a paper-towel holder as countries expend hammering out trade agreements. Turns out this is one way marriage could hurt my health: a University of Utah study showed that when marital disputes become struggles for control, they can spike a man's risk of heart disease. Mindful of this, I'm learning to employ the well-timed "Yes, dear."



ILLUSTRATION JAMESON SIMPSON

IN PRAISE OF THE DOUBLE DATE

How another couple could keep your marriage out of Splitsville

Marriage can extend a man's life, but only if the union doesn't crash and burn first. So how does a guy dodge divorce? Recruit another couple, says Geoffrey Greif, Ph.D., a professor of social work and coauthor of *Two Plus Two: Couples and Their Couple Friendships*. In interviews conducted for his book, he found that people currently in committed relationships were 2.6 times more likely than divorced folks to say they valued friendships with other couples during their relationships. Greif sees cause and effect: "Hanging out with a couple you like, and who love each other, can enhance your own desire to stay with your partner." —*JULIE STEWART*

THE HEALTH SNOB'S GUIDE TO

RAW FISH



If your fish game is fried and your seafood baked, it's time to go back to nutrition school. From raw to door, this is your guide to the healthiest protein hit

01

CATCH THE DAY

You don't have to hit the fishmarket at 4am, but the guy you buy from should. "Supermarkets fillet their fish because it isn't as fresh," says Jordan Sclare, executive chef at sashimi and ceviche specialists Chotto Matte. So aim to buy whole. "To ensure your fish is fresh, the body should be stiff, the eyes glistening and the gills deep red," says restaurateur Mitch Tonks. It shows they are still oxygenated. If you can't buy whole, use your nose. "Fresh fish smells of the sea," Tonks says. "Once it starts to degrade an ammonia smell takes over." Time kills nutrients and breeds bacteria – bad news if you're eating it raw.



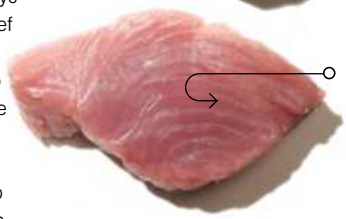
i) YELLOW TAIL

"It's known as kingfish in Australia," Sclare says, "you have to treat it with respect." If you're eating it raw, tell your fishmonger. "I've seen them dig out a fresher piece for that." Which is handy because omega-3s degrade once the fish is out of the water.



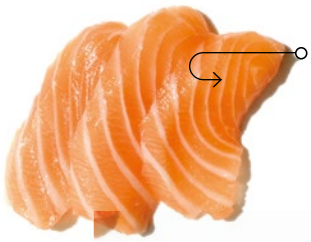
ii) SCALLOPS

"Cook" them with citrus (rather than oil and heat) for added vitamin C, not calories. "When the flesh feels like the skin between your index and middle finger, it's ready," Sclare says. It's protein with a side-order of blood-pressure-lowering electrolytes.



iii) TUNA

At least one portion of fish a week should be oily, say nutritionists. But though high on protein, don't partake too often because mercury levels can be high. Keep an eye on colour, too – tuna turns from red to brown the longer it's out of the sea.



iv) SALMON

If you can only get it packaged, press it with your thumb. If it's still firm you're good to go, Tonks says. Just make sure you eat it the same day; otherwise it might quickly degrade, both in terms of flavour and health benefits.

02

SCALE AWAY

Don't use the same chopping board for chicken and fish. Research has found they can harbour twice the bacteria of a toilet seat. A layered one like the Yoshihiro Peel-Off board, lets you remove the top sheet to reveal a new, bacteria-free surface. When cutting, think samurai, not lumberjack; sawing means frayed flesh, so slice in a single motion, and hone your knife on only the right side for a sharper edge. For boneless slicing, choose a long, thin Masakage Yanagi knife. Start at the far side and draw the blade towards you in a single motion for pristine edges, Sclare says. To fillet a whole fish, a Kichiji Deba can break through bone with the same single slicing action. Be warned though: it will make the same short work of fingers.

PHOTOGRAPHS **LOUISA PARRY** FOOD STYLIST **JACK SARGESON** SERISO PEEL OFF CUTTING BOARD **ECHEFKNIFE.COM** MASAKAGE YANAGI KNIFE **KICHIJI DEBA & SANYO** THREE-WAY WHETSTONE **KATABA.CO.UK** WOODEN LEMON REAMER **LAKELAND.CO.UK** PLATES **MUJI.EU**



The scales are weighted in your favour

03

RAW POWER

Great fish deserves more than a cushion of rice and a flood of soy sauce. Unlock a culinary and nutritional treasure chest with these recipes from Chotto Matte's Jordan Sclare. Chuck out the frying pan while you're at it.



i) DOMS*-BUSTING YELLOWTAIL TARTARE

INGREDIENTS
- Yellowtail collar, 2
- Soy sauce, 1tbsp
- Wasabi paste, 1tsp
- Cooked quinoa, 100g
- Diced red onion, ½
- Chopped mint, 1tsp
- Aji Amarillo paste, 1tsp
- Lime juice, 1tbsp
- Half a carrot, grated
- Salmon eggs, 12g

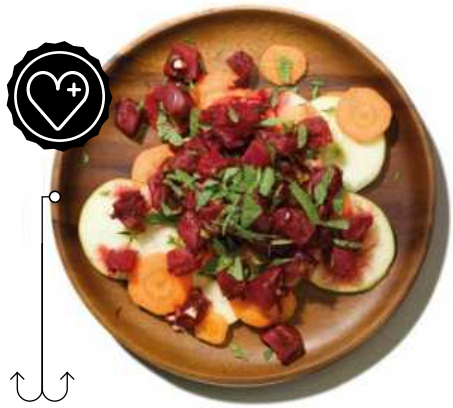
METHOD
Fillet the fish, dice, then mix with the carrot, quinoa and onion for an ideal post-gym snack. Combine the liquids and pastes, whisk, then pour over the fish. Garnish with mint and salmon eggs, and serve on crushed ice. "For hygiene, and because cold food should be served cold," Sclare says.



ii) GET UP AND GO SCALLOP TIRADITO

INGREDIENTS
- Cleaned scallops, 4
- *Yuzu* juice, 3tbsp
- Crushed garlic, 3 cloves
- Smoked sea salt, pinch
- Plum tomatoes, 2
- Olive oil, 2.5tbsp
- Soy sauce, 2tsp

METHOD
Quarter the scallops and marinade in *yuzu* juice for 30min – this superfruit packs three times the vitamin C of lemons, providing an energy and immunity boost. Grate the tomatoes, then mix with garlic, oil and soy, and plate it. Scatter with scallops, drizzle over the remaining *yuzu* juice and the salt.



iii) HEART-PROTECTING TUNA TATAKI

INGREDIENTS
- Tuna, 1 fillet
- Olive oil, 1tbsp
- Grated beetroot, 1tbsp
- Spring onion, chopped
- Chilli paste, 1tsp
- Rice wine vinegar, 1tsp
- Soy sauce, 2tsp
- Lime zest, pinch
- Mint, chopped

METHOD
Dice the tuna into 1cm-thin slices; season with oil, salt and pepper. Mix with the spring onion, chilli, vinegar, soy and beets – its nitrates slash blood pressure. Garnish with lime and mint, then serve over carrot chips. The beta-carotene cuts your risk of heart disease. And walking into stuff in the dark.



iv) ANTI-CANCER SALMON SASHIMI

INGREDIENTS
- Salmon, 1 fillet, sliced
- Carrot, sliced thinly
- Courgette, sliced thinly
- Half red onion, sliced
- Radishes, 6, quartered
- Cauliflower, ¼, in florets
- Chopped chilli, 2tsp
- Yuzu juice, 50ml
- Orange juice, 50ml

METHOD
Mix all the ingredients together and marinate overnight – the citrus cooks the salmon without omega-3-destroying heat. The phytonutrients in the cauli and courgette and red onion's quercetin are cancer kryptonite. Drain the mixture, then top with sesame seeds, salt and pepper.

* DELAYED ONSET MUSCLE SORENESS

DOUBLE DIPS

Boost flavour and benefits with these sushi staples



WASABI

Unsure how fresh your fish is? Be generous with the wasabi. Korean research found it kills ulcer-causing Helicobacter pylori bacteria.



SOY SAUCE

Gut bacteria enjoy the fermented stuff too, meaning you get more nutrients from your fish. Go dark for 10 times as many antioxidants as red wine.



GINGER

A staple of eastern medicine, ginger's inflammation-fighting properties are also double-blind proven: an even more palatable palate-cleanser.



GUACAMOLE

Double trout's cholesterol-slashing with avocado's heart healthy fats. Sclare blends with sea salt, shallots, lime juice, cumin and coriander to make his.



In the Mood for Love

Discover the most romantic secrets of Hong Kong, away from the soap operas your grandma likes

PEOPLE OFTEN GET THE WRONG idea about Hong Kong, imagining it to be a hard-charging, neon-strewn metropolis – a surging sea of never-ending skyscrapers. Although that is true, the city also has a gentler side, one that enjoys long walks in the park, falling in love at the cinema and dinner by candlelight. Come with us as we romance the Pearl of the Orient.

DISCOVER

One of the most romantic things that you can do in the city is also one of the cheapest. Since 1888, the distinctive green and white 'Star' ferries (*starferry.com.hk*) have plied the waters between Hong Kong Island and Kowloon, carrying commuters across the busy harbour that divides the city. Today mainly used by tourists and reminiscing locals, the boats are all named after stars, such as Morning Star, Shining Star and Twinkling Star. Aim to catch a ferry at dusk, as the lights on the buildings flicker on, and gaze out onto one of the world's most amazing sunset views – remembering to wish upon a star. For those with a head for heights, the city has another venerable vehicle that will transport you up into the clouds: the famed Peak Tram (*thepeak.com.hk*). The exact same age as the Star Ferry, it carries passengers from the Central district up to the Peak, where you can take in the views of the city far below, or enjoy an intimate walk on the leafy path that circumvents the mountain. Of course, if money is no object, then there's no better way to show your love than booking an exclusive 'Fly and Dine' helicopter tour with The Peninsula (*hongkong.peninsula.com*), which sees you take a 15-minute flight over the world's most spectacular skyline, followed by dinner at one of the hotel's restaurants – we recommend the five-course menu at Felix.

DINE

In a town of a million restaurants, with every cuisine known to man (Moroccan to Mexican, Mongolian to Malaysian; it's all found here), it's hard to know where to start. That said, our favourite romantic restaurants always blend sublime



The Peninsula Hotel's one-of-a-kind Fly & Dine helicopter tour is the only way to see Hong Kong in style

WORDS & PHOTOGRAPHS **SIMONN. OSTHEIMER**



The famous green-and-white Star Ferry prepares to set off for the glittering lights of Hong Kong island



Housed in a former pawnshop dating back to 1888, The Pawn serves an array of modern British classics



The venerable Peak Tram has been shuttling passengers from Central to the Peak for more than 120 years



Bresse chicken is just one of the amazing dishes served at Hong Kong's most romantic restaurant, Petrus



Following major renovations in 2014, The Pawn is drawing diners with Chef Tom Aikens' inspired menu

menus with unique atmosphere – and there's no better example of this in Hong Kong than The Pawn (*thepawn.com.hk*), a restored 1888 pawn house in Wan Chai that – in homage to the city's colonial roots – serves up amazing contemporary British cuisine in a nostalgic environment. For a taste of the other side of the coin, make a reservation at Island Tang (*islandtang.com*) in the heart of Central, where you and yours can savour an outstanding dinner of Cantonese classics in an intensely stylish Chinese setting. However, for views and an evening to remember, there's only one table in town: Petrus (*shangri-la.com*). With a regally inspired interior that drips with decadence, this incredible restaurant is perched on the 56th floor of the Island Shangri-La, Hong Kong, boasting a menu of fine French classics, a superb wine list and stunning views. Alternatively, for jaw-dropping vistas from the other side of Victoria Harbour, make your way to the local branch of internationally renowned Japanese restaurant Nobu (*noburestaurants.com/hong-kong*), where sublime sushi and sashimi are paired with an equally inspiring panorama.

WATCH

Long before many people even visit Hong Kong, they feel they already know it intimately – from the big screen. The city's movie industry is arguably the biggest tourist attraction in town, but beyond the kung-fu classics, John Woo crime tragedies and slapstick sillies, the city's celluloid has a truly heartfelt soul. Alongside masterful cinematographer Christopher Doyle, Wong Kar-wai is responsible for many of them. Although 1994's *Chungking Express*, with its twin tales of lovelorn Hong Kong policemen and rollercoaster relationships, was enough to send lovers everywhere running into each other's arms, *In the Mood for Love* (2000), featuring Tony Leung and Maggie Cheung as a couple who can't quite be together, was embraced by the world. Finally, there's *Comrades: Almost a Love Story*, the 1996 Peter Chan movie about two mainlanders who immigrate to Hong Kong, fall in love, are forced apart, and then – tearjerker spoiler alert – find each other halfway around the world.

GETTING THERE

AirAsia (*airasia.com*) flies direct from Kuala Lumpur to Hong Kong for upwards of RM600, while Malaysia Airlines (*malaysiaairlines.com*) has return flights from around RM1,000.

LET NO ONE TEAR ASUNDER

They're the power couple with millions of fans, yet they're also just a man and a woman, deeply in love with and committed to one another (and their bubbly daughter). Awal Ashaari and Scha Alyahya share what makes their relationship tick, how they deal with the intense pressure of showbiz, and why marriage is all worthwhile



WORDS **EUGENE PHUA** PHOTOGRAPHS **KIM MUN/HOPSCOTCH PHOTOGRAPHY** STYLIST **JAYEN CHOW** ART DIRECTION **ELYNN HAH** HAIR **GARY BOBS/SHAWN CUTLER HAIRDRESSING** MAKE-UP **SZE MUN/ARTISTS AT WORK**



AWAL ASHAARI WEARS CHECK PRINT LONG-SLEEVED NYLON HOODIE AND DRAWSTRING STRETCH SHORTS WITH ATTACHED LEGGINGS, BOTH FROM ADIDAS. SCHA ALYAHYA WEARS FLORAL PRINT LONG-SLEEVED CROPPED PULLOVER AND HIGH-WAISTED SWEAT PANTS, BOTH FROM ADIDAS BY STELLA MCCARTNEY



SCHA ALYAHYA WEARS SHORT-SLEEVED ROUND NECK RIBBED KNIT TOP AND COLORBLOCK LEGGINGS, BOTH FROM ADIDAS BY STELLA MCCARTNEY, AND BOXING GLOVES FROM EVERLAST. AWAL ASHAARI WEARS LONG-SLEEVED NYLON ZIP HOODIE AND DRAWSTRING STRETCH SWEAT SHORTS, BOTH FROM UNIQLO

Her eyes are fixed, and fixated, on him. He smiles, grins and laughs. She slaps his shoulders, punches his arms. He jokes and teases. They complete each other's sentences.

Even the most sinister of social media cynics would, and should, begrudgingly admit that Awal Ashaari and Scha Alyahya, the darlings of Malaysian show business, have a fairy-tale relationship. Their 4.2 million Instagram followers combined would make even the crustiest of curmudgeons say that they are *the* power couple of our time. And with their adorable delight of a daughter, Lara, it's only down to a technicality that *#schawalara* isn't the royal family of Malaysia.

Yet, away from the spotlight, safe in the comforts of their family home, Awal and Scha are just your usual loving husband and wife: two completely different opposites who definitively complete the whole of each other. From their zany courtship to their harmonious marriage, they tell us the stories of how they got together, how they stay together – and how you can too.

WHEN LOVE BLOSSOMED

To understand the magic of when Awal Ashaari and Scha Alyahya first met, you must first know that, at the time, he was already an established name in Malaysian entertainment. Coupled with his good looks, his fame bore gravitational powers over the ladies. In fact, on the day they met 10 years ago, during a show he was hosting, there was a bevy of beauty queens strutting their stuff. "There was one who was trying to blend in," Awal remembers. "But she couldn't."

"She isn't like a typical girl; she's tough and independent," Awal describes of her then, and now. "While other girls were pretty much throwing themselves at me, she was like, 'I don't fancy him!' So when she didn't show any interest, it made me want to get to know her more."

Here's the only aspect that deviates from the formula for a romantic fairy-tale: theirs was not love at first sight. They reconnected only after four years, became friends, and soon spent more and more time together. Yet, they never declared publicly or stated directly their relationship status, despite their nightly appointments – no, not *dates* – his persistent visits to her family home, and her family reciprocating pleasantries on him. "I was head-over-heels over her..." Awal reminisces, before Scha interjects: "But you didn't know what you wanted. You had no focus." Awal agrees, confessing that he was unsure, dilly-dallying and doubting himself. "If I knew what I know now, I would've been like, 'Let's cut the crap, let's just be exclusive, and let's do this!'" Awal bellows, while Scha simultaneously exclaims, "Let's go!" In a year-and-a-half, they became official, and tied the knot two-and-a-half years later. They've been married for three-and-a-half.

SHE COMES FIRST

Stepping away for lunch and for a separate conversation, Scha leaves Awal alone with *MH* for a candid bit of banter. And when the million-ringgit question is thrown at him right away, he doesn't flinch: "Yes, I've found true love." But he pauses when pressed how he knows *for sure*. Don't worry if you're reading this, Scha, because his answer is poised and articulate. "I realised that I'd found the one that I love when I could put all of my needs and myself second," Awal says. "Before this, I was very selfish and thought only of myself first. So when you can put the other person's needs before yours, that's when you've found the true one – because you will try your level best not to disappoint that person. You're willing to neglect your needs just for her."

So now you understand the theme of the photographs illustrating this feature: not because we thought it'd be funny to subject popular actor Awal Ashaari to a series of hilarious tasks (and we swear Scha had nothing to do with drafting them up), but because we found out after weeks of extensive research and in-depth interviews that the ultimate key to finding true love and making your relationship last is putting her first – sacrifice, servitude, submission.

Of course, nobody is suggesting that you transform into a slave overnight (unless that's your shade of grey). Awal himself has learnt that, ironically, too much serving can also cause stress. "It's all about give and take: sometimes, you have to give, and sometimes, you have to learn how to take," he says. One pertinent and practical lesson that he's picked up is from that ritual we all go through: planning a holiday. His dream holiday is spent on a beach, while Scha's is in a bustling metropolis. "If I were to bring her to Bali or Maldives, she'll enjoy it for two days, and then she'll be dead!" he laughs. "But if we go to New York City, I'll also enjoy it for two days, and then I'll find it too messy, too rushed. So we have to meet somewhere in the middle: California, for example, with its beaches and city attractions." The underlying message through all this is that no one person should dominate the relationship – or, as Awal advises, "Don't be the dictator. You have to care for your spouse and ask her what she wants, what her dreams are and what she wants in life."

"WHEN YOU CAN PUT THE OTHER PERSON'S NEEDS BEFORE YOURS, THAT'S WHEN YOU'VE FOUND THE TRUE ONE"
– AWAL ASHAARI



AWAL ASHAARI WEARS D.D SHORT-SLEEVED ROUND NECK COLORBLOCK KNIT TOP. FLAT-FRONT COTTON TROUSERS AND LACE-UP ANKLE BOOTS. BOTH FROM H&M. SCHA ALYAHYA WEARS H&M SHORT-SLEEVED ROUND NECK PRINTED SHEATH DRESS



AWAL ASHAARI WEARS SHORT-SLEEVED PRINTED TEE AND DRAWSTRING STRETCH PU PANTS, BOTH FROM ZARA. SCHA ALYAHYA WEARS UNIQLO SLEEVELESS COTTON SUMMER DRESS AND ZARA BIKER LEATHER JACKET

REAL ADVICE FOR REAL RELATIONSHIPS

Awal Ashaari shares his top tips on relationships, marriage and – *dun dun dunnn* – fatherhood

TALK, TALK, TALK... AND TALK SOME MORE

"Scha and I made a pact that we *have* to communicate. Every day before we sleep and before we go to work, we'll talk; if anything happens in between, we'll tell each other. Now, I feel that our lives are calmer and we fight less. Communication is essential and the key to every relationship."

SERVE AND BE SERVED

"A marriage is not just sharing your life with each other; it's also about understanding and sacrifice, and knowing how to make the other person happy. But you should be happy as well. I used to do things for her as long as she's happy and as long as she got whatever she wanted. But then she said, 'No, you should think about yourself. You make me happy, but you're not happy.' Marriage is a two-way street."

EXAMINE YOURSELF BEFORE SIRING YOUR HEIR

"I recommend fatherhood for men who have enjoyed their lives. If there's a bucket list that you've not completed yet, do that first, because once you have a baby, your life will change forever. Not that I *don't* recommend parenthood, but I recommend it for those who are ready. It's not something you can buy and return if you don't want it. It's a lifetime commitment and comes with a lot of responsibilities."

FOR BETTER OR WORSE

Out of the corner of his eye, Awal spots his beautiful wife finishing her lunch and chatting with the crew. He's clearly besotted, smitten with her elegance and bewitched by her grace. The look on his face suggests he's arrived at a pretty good place in life; so what's his secret to ensuring all of this – successful career, gorgeous wife, idolised family – lasts?

Interestingly, he demurs, citing his relatively new marriage. He hopes to emulate the good examples in his life, such as his parents and in-laws, but isn't sure what else to prescribe... Until he reveals another golden rule: accept each other for who you are. "Along the way, in your relationship or marriage, you may discover something shocking. People sometimes say, 'I didn't sign up for this.' But there's no such thing, because you never know what's coming," Awal says firmly. "You signed up to be someone's husband, or wife; so whatever good, bad or shitty things that come, you have to be there to encourage each other and to overcome.

"So how to make it last?" he continues, seeing Scha approach him. "When you learn how to accept her the way she is and to accept her flaws. When you expect everything to be perfect, and it doesn't turn out the way you planned, you'll be disappointed. So don't expect perfection."

Watching the two of them together, hand in hand, it's hard *not* to think of them as anything else; but far be it for us to expect excessively of just another ordinary guy and gal, in love, grateful for each other, and committed to one another.

Of course, we can't just let Awal do all the talking. Now that she's here, let's see what Scha has to say...



"DON'T PLAY MIND GAMES; JUST SAY HOW YOU FEEL – ONLY THEN CAN THERE BE IMPROVEMENT AND GROWTH."
– SCHA ALYAHYA

WORDS **JUNE SEE** SCHA ALYAHYA WEARS ZARA HALF SLEEVE HIGH NECK MIDI DRESS

AND NOW, A WORD FROM THE WIFE

Her husband describes her as "capable", "tough", "independent", and "can clearly survive without me or any man". Scha Alyahya gives us her very valuable two cents' worth on dating, relationships, and beyond

WITH HER LONG, WILLOWY LIMBS and hair pulled back into a sleek ponytail, Scha Alyahya is the picture of majestic beauty. Underneath all that, the former model has a remarkably fresh style of communication, giving us an insight into what makes her relationship with fellow actor Awal Ashaari work as well as it does.

"You need to talk to and share with each other every day," she says. For a straight talker like Scha, communication really is the cornerstone of her relationship with Awal. Being in showbiz has put them in the position of living their lives with a certain duality – privately but also very much in the public eye. But this affords them a unique understanding of each other's lifestyles and demands – one that may not have been so easy to nurture if they were not in the same industry. "Having a successful relationship is knowing that you understand one another no matter what the other is feeling," says Scha. She speaks of an almost-unspoken understanding between them, but on top of that, cites that you must also be open and communicative in order to fine-tune a relationship. "Don't play mind games; just say how you feel – only then can there be improvement and growth."

GIVE HER MIND A WORKOUT

As much as women appreciate a good-looking guy, it's also important that there is substance too. "A guy who reads is sexy," admits Scha. "I like someone who challenges me mentally; it shows me that there is something more to the person."

EYES ON THE PRIZE

"If you meet a girl who you'd like to get to know, go for it. It's easier said than done, but don't overthink it and just give it a try. As the saying goes, *Tak kenal maka tak cinta* ('I can't love you if I don't know you'). So just give it a shot and take it from there."

PATIENCE IS A VIRTUE

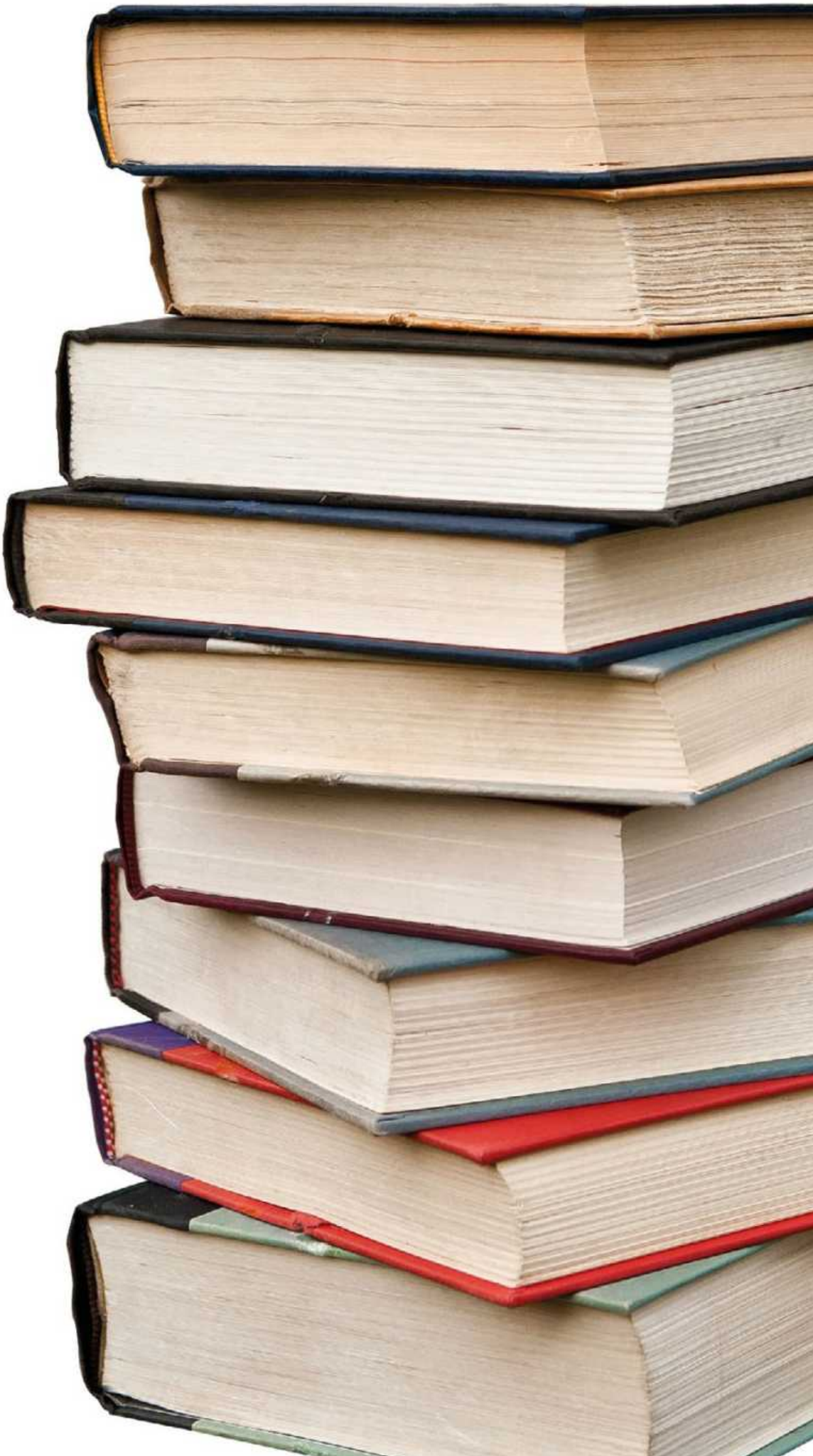
"Women are complex beings! Be patient with that complexity and take it as it comes. Try not to be so rigid; women appreciate flexibility. It'll show that you can handle emotional issues as well as other pressures."

BE A MODERN MAN

Scha's face lights up when she talks about Awal's relationship with their daughter, Lara. "He's a great dad – he's confident and affectionate and not afraid to show it." Be secure with yourself and your feelings – there is no weakness in showing your affection.

ALLOW HER TO BE HER OWN WOMAN

"I always dreamt of being a successful career woman, someone who could do it all in addition to being a wife and a mother," Scha says. Don't let your stereotypes get in the way of what she wants to achieve. Support her – a happy, fulfilled woman means a happier, more fulfilled relationship for the both of you. ■





WHO WROTE THE BOOK OF LOVE?

A guide for dudes by dudes – what it all means: finding love, having hot sex, keeping love, having hot sex, staying the course, spawning progeny and having hot… you get the picture

THE COMPLICATED BEAST OF FINDING LOVE AND relationships can prey on the minds of men, festering beyond those initial sensations of desire, attraction, intimacy, passion and romance. "Is it really that difficult?" we ask ourselves.

For men, the science of love can rear its ugly head in ways beyond comprehension. No sooner do we find ourselves smitten by what we think is love than we become trapped in a web of anxiety, stress, insecurity and dissatisfaction.

Violet Lim, CEO of LunchClick and co-founder of Lunch Actually, says "love should be timeless", and that our realisation of true love "does not come overnight, but over a period of time". Yet, in our constant endeavour for immediate success, the art of "going through thick and thin" appears to be waning.

Investing time and effort in a relationship is not only a commitment of energy and emotion, but also of one's true self. Are you happy with who you are? Do you know what you want? "When you are truly a happy person, people of the opposite sex will flock to you," Lim says.

As the equation goes: "A happy person equals a happy partner." So how can we maintain this equilibrium of happiness and instant pleasure? What can we do to forge a long-lasting relationship and maintain a loving marriage?

WORDS **LLOYDGREEN** PHOTOGRAPHS **ISTOCKPHOTO**



Chocolate: one of the most popular sources of dopamine (and date night gifts)

1

Build a solid base

The answer may be simpler than we think. According to experts, the fact that men and women are wired differently has a big influence on how we think and behave, and can lead to a lack of understanding between two people.

Dr Vincent Wong Choong Wai, a Consultant Psychiatrist in the Klang Valley, says "happy chemicals" in our brain are scientifically proven to alter between men and women, and that biologically "men are more rational, less emotionally sensitive and more single minded" than females.

An article by Thai Nguyen in *The Utopian Life* titled "Happy Chemicals: Dopamine, Serotonin, En-dorphins and Oxytocin" states "many events can trigger these neurotransmitters, but rather than being in the passenger seat, there are ways we can intentionally cause them to flow."

Educating men to be self-aware and have self-knowledge of these factors is essential for creating a stronger understanding of each other's values. How you and your partner cope with barriers to happiness and the natural stages of a relationship is key to the consecration of love.

Dr Wong says that if a couple rushes the process of establishing a long-lasting relationship, without trust and understanding, and jumps into physical or sexual intimacy, "It is like building a condominium without a proper solid foundation".

In the words of Dr James Dobson, founder of Focus on the Family USA, "Slow it down, make it last and take your time."

- **Dopamine:** a feel-good chemical that gives you a surge of reinforcing pleasure.
- **Serotonin:** helps reduce anxiety and makes us feel significant and important.
- **Endorphins:** acts as an analgesic and sedative, diminishing your perception of pain.
- **Oxytocin:** released by men and women during orgasm, and creates intimacy and trust.

Source: *"Happy Chemicals: Dopamine, Serotonin, Endorphins and Oxytocin"; The Utopian Life*

2

Command your sex life

Dr Martha Tara Lee, Clinical Sexologist of Eros Coaching, says physical intimacy can in fact enhance feelings of closeness in a relationship, but like Dr Wong, warns there are "few long-term relationships that can be based on sex only".

"Sex can strengthen and enhance a relationship, but it is not going to fix a failing relationship," she stresses.

Of course, performance issues in the bedroom can also create tension among couples, and if you haven't invested time and energy in building trust and understanding, it can lead to even more stress and anxiety.

"Negative past sexual experiences can affect our confidence in our ability to be sexual in a relationship," Dr Lee continues.

"Sex is not the most important thing for a woman, but men who do not have ejaculation or erection control have difficulties with being present during sex with their partner," she says.

Dr Lee adds that there are many solutions available for men, but advises "premature ejaculation drugs can produce inconsistent results" and that natural methods are most effective.

"Get professional help and don't wait too long before you get help. If you cannot predict your sexual performance, it actually causes more anxiety," Dr Lee advises.

"Exercises such as Kegels will give you better erection and ejaculation control… [but] you need to practise and be patient… this is not a miracle cure," she points outs.

3

Focus on the two, not just you

Proposing and being committed to your partner is another major hurdle for men to overcome, as there are many internal and external pressures that can reduce the passion and the romance of getting married.

Marriage therapist Dr Johnben Loy, Founder and Clinical Director of Rekindle Centre for Systematic Therapy, says a healthy, loving relationship should be good for both partners. "Can I be fully me and fully us at the same time?'" he urges men to consider before popping the question.

Dr Wong adds, "Marriage is about two people who love, accept and respect each other unconditionally. It will never work if there is self-centredness; it has to be we-centred."

Wedding planner Chrisleen Lee, Assistant Director of Catering Le Meridien Kuala Lumpur, says there's no better time to feel 'we-centred' than when planning your wedding.

"The biggest step for a man is proposing, and it is rare for him to go the extra mile for his girl during wedding preparations. But why should that be so?

"The man was active in starting the relationship; why shouldn't he be active in sealing the deal?

"You may not have the final say, but supporting your partner is the best thing you can do. Women just want that assurance you are with her in this experience," she says.



Fun fact: Irish tradition states that men cannot refuse a woman's marriage proposal every 29 February, as depicted in the 2010 film *Leap Year*



A WOMAN'S PERSPECTIVE ON WHAT TRUE LOVE MEANS, AND HOW TO MAINTAIN A RELATIONSHIP

Put down your smartphones.

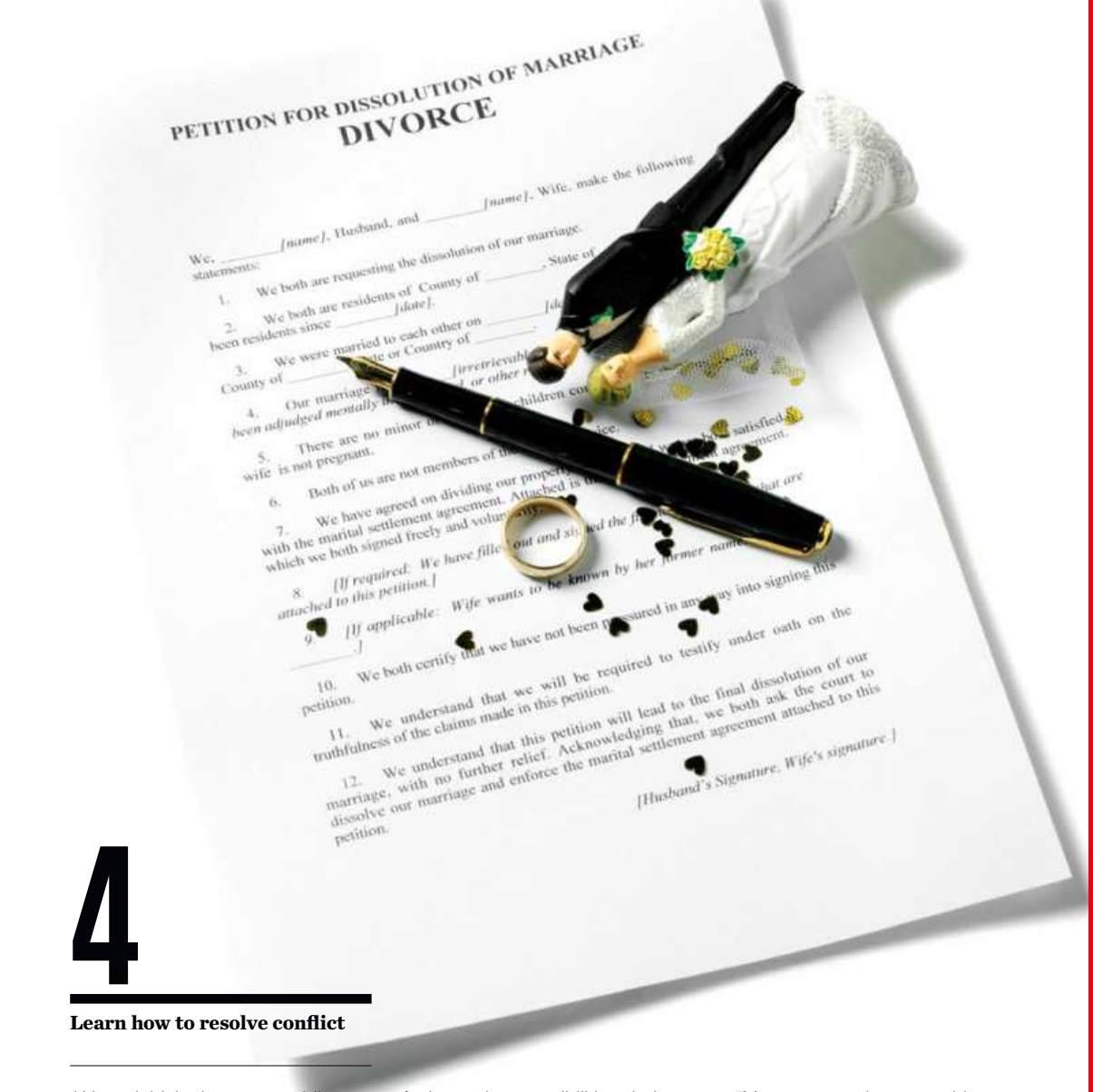
This fancy dinner in this romantically lit restaurant isn't of any interest to your apps or Facebook friends. This third-wheel called a mobile device is really sending the evening on a downward spiral.

Love at first sight may have happened on Instagram or Tinder, but true love isn't going to manifest if we can't have a conversation in real life. Look, that same posture for the 10th time really isn't going to change the sun's reflection on your face. And let's be honest: you'll be applying a filter anyway.

Love is a two-way street; but with smartphones, relationships are becoming triangularly shaped, if not square-ish. As we gain more connectivity through technology, we grow more distant in our relationships: it's easy to add a filter to the things we don't like, and reveal only enough to gain Likes. The predicament is that we never truly get to know our partner – or ourselves – in relation to each other and the world, which can lead to the development of destructive and unhealthy behaviours.

Whether you're just starting to date or have been together for years, discovery is vital to building and sustaining a happy relationship. Do away with technology and rewind back to the basics. Enjoy a picnic technology-free; read to each other while swinging on a hammock; send love letters with a stamp; head out for dinner and a movie – and leave your phones behind.

Sometimes, to love deeply and surely, you have to shift the gears back to one, and do things slowly.
—VIVIAN CHONG



4

Learn how to resolve conflict

Although bickering over wedding cakes and flower arrangements may not spell doom and gloom, dealing with the burdens of in-laws, financial constraints and planning for children certainly can.

In urban Malaysia, the external pressures associated with marriage and childbirth are increasing. As Dr Wong suggests, the "live-happily-ever-after" fantasy we crave with immediacy is quickly re-placed by the harsh realities of life.

"Divorce is on the rise, and we not only need to help men and women find the right person, but also be the right person after marriage," he says.

Executive Director of Focus on the Family Malaysia, Lee Wee Min states, while a "lack of understanding" is still the number one reason for divorce in the country, financial strains and pressures from family and in-laws are definitely taking their toll (see box above).

"We need to educate couples and help them prepare for marriage. How they communicate, how they resolve conflict, their perception of roles and responsibilities, their perception of financial management and parenting expectations.

"If couples don't start talking about these things, once they enter a marriage, it can potentially be a source of conflict," Lee says.

Divorce Rates In Malaysia
Non-Muslim
Year 2000 (2.63%)
Year 2012 (13.67%)

Muslim
Year 2000 (14.71%)
Year 2012 (19.66%)

Source: Malaysian National Registration Department and Department of Statistics Malaysia (2013)

Finance expert Yap Ming Hui, Managing Director of Whitman Independent Advisors, believes balancing happiness and love with security and other sources of stability is very important for the success of a marriage.

"Money cannot buy everything, but as Maslow's Theory suggests, we need to fulfil our hierarchy of needs – and money can certainly help us do that," Yap says.

According to Yap, "a lot of financial strain comes from not knowing the bigger picture" and that education and communication are vital. He advises couples to focus on three things:

1. **Increase your financial literacy.** Having the same financial understanding as your partner in terms of spending, saving and investing is the only pathway to financial freedom.
2. **Discuss problems, and trust your partner.** If you are not willing to accept each other's financial literacy, then your level of trust of their financial behaviours will decrease.
3. **Create and follow a financial plan.** Having a financial plan is like having Waze. It can help determine the easiest financial paths in life and will identify the major spending goals for the family.



MARRIAGE, CHILDREN AND MALAYSIA

Dr Prashant Nadkarni and Dr Agilan Arjunan of the KL Fertility Centre say Malaysia's falling birth rate is becoming a concern for the government, and government hospitals and other sectors are actively holding courses to encourage women to have children.

"We do have falling birth rates here [in Malaysia]. Our birth rate within the next five to 10 years will be below the death rate," Dr Prashant says.

"Singapore is already below the replacement rate. The replacement rate is where the number of dying is replaced by the number born, and that is generally 2.1 per thousand population.

"We are close to that. Singapore is already below that figure and Macau is even worse. This is not because people are having difficulty; it is by choice."

He says, traditionally, the reason many Asians get married is to have children, but reveals that the newer generation of married couples are more career driven, and struggle with the burdens of having a child — from in-laws and family to simply the cost of living — and that when they don't reproduce, "it can open a can of worms".

"People have choices now. It's a good life being young. Young people see children as a burden. There is a move to change this because, at the moment, it is a point of national interest," he concludes.



5

Don't panic when having kids

The search for instant success also extends to trying for a child.

Datuk Dr Prashant Nadkarni of the KL Fertility Centre says eight out of 10 women trying for a child will be pregnant within a year, but admits that year of waiting "can be torture" and that most men will seek help within three to six months.

"DIVORCE IS ON THE RISE, AND WE NOT ONLY NEED TO HELP MEN AND WOMEN FIND THE RIGHT PERSON, BUT ALSO BE THE RIGHT PERSON AFTER MARRIAGE." – DR VINCENT WONG

"Relationships can deteriorate because one partner feels more committed or, in the case of the wife, is older and her biological clock is ticking.

"If the desire to have a child becomes overwhelming and the problem arises because of the partner (and fertility treatments have failed), some marriages do fail," Dr Prashant says.

His advice is to "get on with it" as fertility decreases with age in both men and women and that, if by the end of the year, things haven't worked out, "don't delay seeking an opinion".

6

Know yourself, love yourself

It appears love isn't as complicated as we think.

Experts say if you have strong self-knowledge and self-awareness, are able to communicate and share yourself with your partner, and are patient in letting a relationship develop through trust, then there's no reason why you can't find love and happiness.

And if problems do arise, seek professional help. We're not on our own, fellas! ■

KEEP HER HOT FROM A DISTANCE

Maintain The Quality Of Your Relationship Even When Thousands Of Kilometres Come Between You And Her

Finding true love is no doubt a difficult mission. She could be your high school sweetheart, or you might've found her on a recent jaunt to Europe. Yes, we know it happens: your other half being on the other side of the world, only seen on screen. So let us guide you through your long-distance relationship with these useful facts and handy-dandy tips. Be the gentleman and take these initiatives to keep your minds (and sex) burning, even though you're physically apart.

▶**DON'T BLAME BREAK-UPS ON DISTANCE.** It's all about communication skills, according to a Colorado State University study. Listen to her stories, pay attention to her complaints and support her when she's down. That will score you major brownie points and boost the stability in your relationship.

KEEP THE SEX HOT, even when you're far away from her. Skype, FaceTime and Viber exists for more than just getting nagged by your mum-in-law. Use them to remind your missus of those steamy nights you shared. The mind is a powerful tool as long as you keep the imagination burning.

▶**WIPE OUT LONELINESS AND MAINTAIN INTIMACY** by using the memories you've made with her when she was still physically around. By revisiting cafes, parks and other places filled with pleasant memories, you're staying mentally close to her. Imagine what she would do or say if she were there with you.

▶**SET A POSITIVE MINDSET AND TRUST HER.** It will help maintain loyalty and your feelings for each other. Doing so will also help the two of you to solve any issues and resolve arguments like two rational adults. Over time, your stable and mature relationship will become the benchmark for other couples, LDR or not.

▶**SUPPORT HER EVEN ON THE LITTLEST THING SHE DOES**, whether it's rock climbing or attending a knitting party. Being her pillar is the key to a strong relationship. No matter what the occasion, let her know you have her best interests at all times.

Source: "Connecting here and there: A model of long-distance relationship maintenance." *Journal of the International Association for Relationship Research*
Andy J. Merolla (2012)
—PATRICK LOH



24 WAYS TO SMILE THROUGH LIFE'S STRESS STORMS



INTO EACH LIFE CHAOS COMES: MISSED DEADLINES, LOADED DIAPERS, SKIPPED WORKOUTS, BLOWN CHANCES. USE OUR SIMPLE STRATEGIES TO CHILL WITHOUT A PILL.

EDITED **CLINT CARTER** PHOTOGRAPHS **GREGG SEGAL**



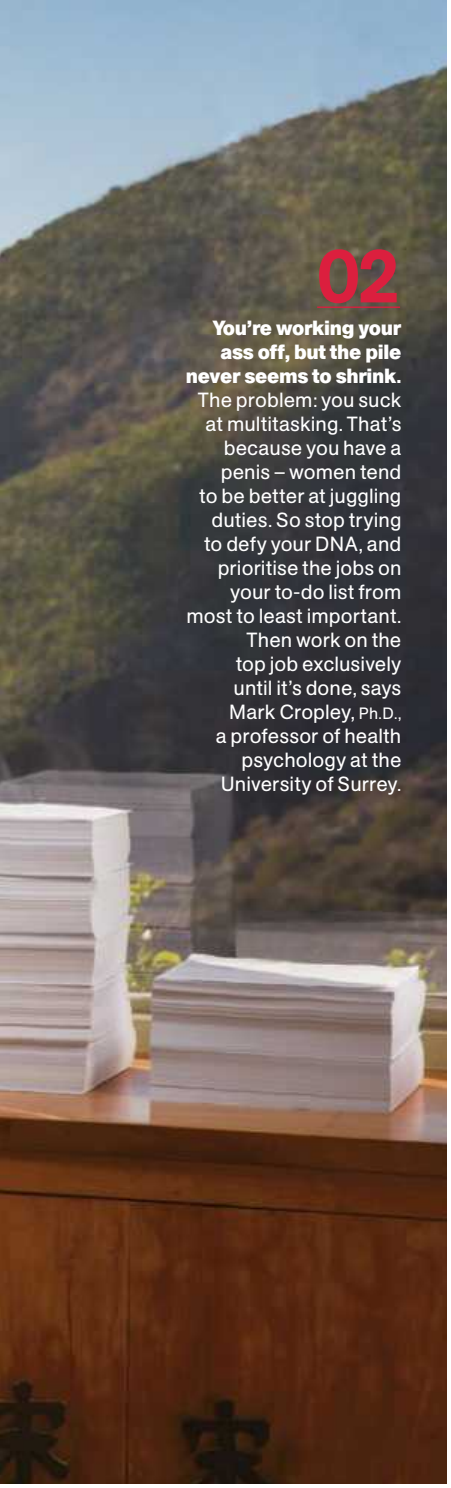
Around 1935, when rat studies began to connect environmental pressures to health problems, people never used the expression "stressed out". Instead, they'd talk about being "hungry" or "overworked" or "sick and tired of wearing this stupid fedora" – all problems with specific solutions. And that's really the best way to think of stress now: not as a mountain too high to climb, but as a series of smaller hurdles that you can take on individually. We went looking for science-driven solutions to life's biggest stressors. Ready to make your life calmer and easier? Read on.

THE GRIND

01/ Your drive to work is so infuriating that you show up in a bad mood almost every day.

You're not alone: the average car commuter wastes about 42 hours a year in rush-hour traffic, according to the Texas A&M Transportation Institute (TTI). Your best option is

PREVIOUS SPREAD: THEORY DRESS, JASON OF BEVERLY HILLS BRACELET, TOMMY HILFIGER SUIT AND SHIRT, MARC JACOBS TIE, JIMMY CHOO SHOES (ON BOTH)



02

You're working your ass off, but the pile never seems to shrink. The problem: you suck at multitasking. That's because you have a penis – women tend to be better at juggling duties. So stop trying to defy your DNA, and prioritise the jobs on your to-do list from most to least important. Then work on the top job exclusively until it's done, says Mark Cropley, Ph.D., a professor of health psychology at the University of Surrey.

cycling to work: According to a study in the journal *Preventive Medicine*, car commuters are 13 percent more likely to report trouble concentrating than people who walk or bike to their jobs. If pedal pushing isn't an option, then you'll have to become a road scholar: rush-hour traffic peaks at 8 a.m. and 6 p.m., according to TTI data. Traffic-mapping apps like Waze and Inrix can help you determine your best times to travel in order to beat the road congestion. Bonus: start showing up at work early, and you just might raise your odds of pulling off the stress-busting tip to your immediate right.

MICHAEL KORS SHIRT, TOPMAN PANTS AND BELT, MARC JACOBS TIE, COLE HAAN SHOES (ABOVE); HACK YOUR STRESS ILLUSTRATIONS **SERGE SEDLITZ**

HACK YOUR STRESS



FIND SOMETHING YOU CAN SQUEEZE

In a Japanese study, people who were instructed to hug a 32-inch human-shaped "pillow phone" during a conversation felt less stressed than those talking on normal cellphones. Unless you happen to own a hug phone, we recommend you hug your dog, a laundry bag, or Larry in accounts payable. He's so soft!



FIGHT YOUR WAY TO THE TOP

Earning a corner office isn't easy, but once you have it, you might chill out a bit: the more control you have, the less cortisol – a stress hormone – courses through your veins, Harvard researchers found. People in leadership jobs also experience less anxiety... and in most cases, way more swagger.

03/ Non-stop e-mails make you want to shoot your computer.

Stop treating e-mail like a chat room: constantly checking your inbox may lower your functional IQ by nearly 20 points, a British study found. So turn off the dings and check in four to five specific times daily, says David Posen, M.D., author of *Is Work Killing You?* Each time, knock your unread e-mails down to zero – either answering them or filing them for later – and then go back to work. You'll do more and worry less: UC Irvine research found that working without the ability to check email equaled less stress.

04/ You can't stop thinking about work when you leave.

Clothes make the man…stress out. In a Northwestern University study, people wearing lab coats were more attentive to their work than those dressed in sloppy painters' coats. The same thing may happen to you when you put on your job uniform. "You're stuck in work mode," Cropley says. So starting tomorrow, leave the office and change into an after-hours uniform, one that's better suited to the gym, gardening work, or playtime with the kids. That simple change will help you mentally enter a new phase of your day.

05/ You didn't save enough to get your kid to university.

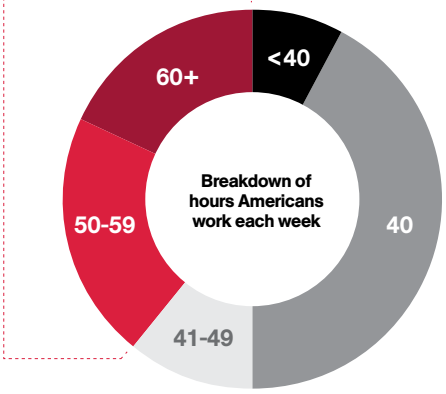
Or maybe you saved just the right amount: students who get financial help from parents for their education have lower GPAs, according to research from UC Merced. Suggest a funding strategy that begins with local scholarships; these generally pay less but have hundreds of thousands of fewer applicants. Then have the kid fill out a PTPTN form. That's how the government determines who receives education assistance based on your income, what course your child is taking and whether it's a private or public higher-learning institution.

06/ Your credit card bill inches up faster than you can pay it.

Here's your three-step plan for escaping the interest trap: transfer all your debt to a new card with the lowest possible percent APR, says Farnoosh Torabi, a financial education partner with Chase Slate (but check if there are any transfer fees or penalties). Next, figure out how much you need to pay each month to bring your debt down to zero before interest kicks in, and set that figure as your automatic payment. Finally, shred all your cards. Until your debt is paid off, you're using cash only.

07 You put in the longest hours at your office, but nobody even notices.

39 percent of people work 50 hours or more a week, according to a Gallup poll.



We bet the cleaning guy notices – and wishes you'd get the hell out of his way. Sure, being seen working a little late sometimes can be good for your career. But the hardworking strategy can backfire: your productivity starts to plummet when you hit 50 hours a week, according to Stanford research. If you clock out at a reasonable time, you may end up accomplishing the same amount of work – and have more time to drink martinis with beautiful women.

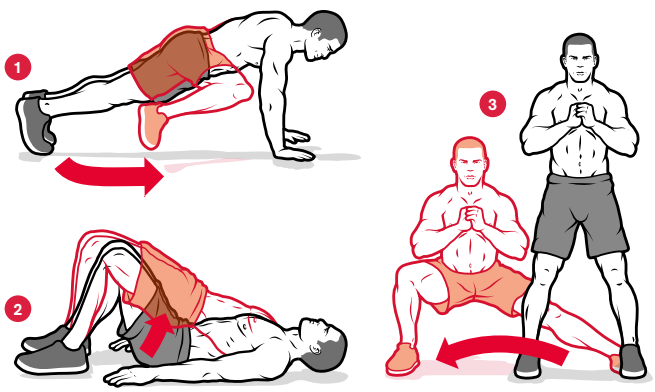
BODY GRIEF

08/ There's this guy you know who seems to be getting older, rounder, and a little slower...
Your "friend" should admit that he's lost a step and gained some weight. "Accepting that you naturally lose muscle mass and fast-twitch muscle fibres as you age is an important step toward setting new goals," says sports psychologist Barbara Walker, Ph.D. "Those who embrace a lifestyle of fitness – recognising that the value lies in enjoying the activity and feeling good afterward – are more likely to stick to a programme." Maybe that's why races and lifting competitions have age groups. Whether your sport is cycling or CrossFit, sign up for a competition. Then, instead of trying to hit your old times (or squeeze into your old suits), just try to win in your age group. And if something starts to hurt, see a PT. Your body can't take the abuse like it used to, old man.

09/ You want to exercise and eat healthy, but you feel like you lack the discipline.
Get your bed examined. "When men are sleep deprived, they are biologically driven to put as much food as possible into their bodies to keep going," says Daniel Neides, M.D., medical director of the Cleveland Clinical Wellness Institute. "And they don't have as much energy to move." In a Mayo Clinic study, sleep-deprived people took in nearly 560 extra calories a day (probably while they were yawning). Aim for seven to nine hours of shuteye each night. Want to crash but can't? Keep reading.

10 Your knees creak like a door in *American Horror Story*.

Knee pain relief may begin with improved hip flexibility, says San Diego exercise physiologist Pete McCall, C.S.C.S. So do this workout two or three times a week.



1/ High Plank with Spiderman Alteration
From a high plank position, bring your knee to the outside of your elbow. Pause, return to a plank, and repeat with the other leg. That's 1 rep; do 3 sets of 6.

2/ Glute Bridge
Push through your heels to raise your hips so your body forms a straight line from knees to shoulders. Pause; slowly lower. Do 3 sets of 12, resting 30 seconds between each.

3/ Lateral Lunge with Trunk Rotation
Step right, bending your right knee, and sink into a side lunge. Pause, rotate your torso to the right, and return to the start. That's 1 rep. Do 8; repeat on your left side.

11/ Your bed is where you lie awake and stare at the ceiling.
Life-changing shuteye begins an hour before bedtime, says *MH* sleep advisor W. Christopher Winter, M.D. Starting tonight, that's when you'll shut off your TV, computer, tablet, and phone. The blue light emitted by these slumber saboteurs can lower your body's levels of melatonin, a hormone that regulates sleep, Dr. Winter says. If you can't (or won't) power down entirely, then dim the screens to their lowest setting and keep them at least 35cm from your face. That may temper the sleep-stifling effect, a Mayo Clinic study suggests. Then, when you hit the sack, forget about the objective at hand (slumber, that is), and focus on deep breathing. "If you try too hard to fall asleep, you never will," Dr. Winter says. Use the 7-7-7 pattern: inhale for 7, hold for 7, and exhale for 7 until you drop off. Still suffering in the land of the conscious? Well, what's on your mind, chief? If it's a specific task – like a rent cheque you forgot to write or an e-mail you need to send – get out of bed and tackle it right now. Sure, it'll interrupt your time in bed, but by the time you return to the sack, you'll have acquired some sleep-inducing peace of mind.

12/ Alzheimer's has claimed one relative, and now you're freaked it'll hit you too.
"Your genes are not your destiny," says Richard Isaacson, M.D., director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine. But you need a defense plan. First, learn a new language or instrument. In a 2014 Mayo Clinic study, people at risk for Alzheimer's who challenged their brain delayed its onset by nearly nine years. Next, eat fatty fish and have your vitamin D level checked. If it's not up to par, take a supplement. Research links low D levels with increased Alzheimer's risk, and higher omega-3 fat intake with decreased risk. Finally, sweat: cardio and weightlifting can help clear amyloids – proteins implicated in Alzheimer's – from your brain, and a slim waist offers cognitive protection. "The bigger your belly, the smaller the memory center in your brain," Dr. Isaacson says.

13/ Working out doesn't bust stress like before.
Mix it up with tai chi. Here's why: this martial art's slow, deliberate movements can bestow a monk-like zen, say researchers in Switzerland. In the study, beginners who attended two hour-long tai chi sessions a week for 12 weeks were calmer and 41 percent less stressed after a mock job interview than those who did not take the class. Nunchuks optional.

HACK YOUR STRESS



KNIT YOUR OWN WINTER SCARF

British researchers who surveyed 3,514 knitters (who knew there were so many?) found that stress levels fall as knitting-session frequency rises. Prefer jigsaw puzzles? That'll work too: in a UC Merced study, people reported a third less stress while engaging in leisure activities of any sort.



EAT A PAPAYA AND RED-PEPPER SALAD

In a study from Germany, people who consumed high doses of vitamin C were more adept at handling the stress of math problems and public speaking. A cup of mashed papaya has 140 mg of vitamin C, or about double that of an orange. And red peppers, at 190 mg per cup (chopped), are a C powerhouse.

FLIGHT ACHE

14/ The thought of lost luggage gives you anxiety.
Relax, pal. Plan ahead and you'll be insured twice, says George Hobica, founder of *airfarewatchdog.com*. Firstly, stuff superstition and pay the nominal fees it takes to purchase travel insurance. For example, HSBC Travelsafe Insurance pays up to RM5,000 for lost bags, while ACE Jerneh will cover RM500 for domestic travel, RM2,500 worldwide. Then use a credit card like Citi Premiermiles Visa Signature or RHB Travel Money Visa to book the flight, and you're protected to the tune of RM12,000 for the former and RM2,000 for the latter.

15/ Delayed flight. Now you may miss your connection.
A long line of angry passengers will be waiting to rebook at the gate. Stay away from them. Instead, call the airline: you'll cut in front of everyone in line and increase your odds of snagging the last available seat on a connecting flight, says Zach Honig, editor-in-chief of the travel site *The Points Guy*. Still stressed? Look for a spa in your terminal. A 45-minute massage can greatly reduce your levels of the stress hormone cortisol, according to research from Cedars-Sinai Medical Center.

16/ Vacation planning sucks. It feels like you're just deciding between tourist traps.
Stop being a control freak. You'll have a better time and more unique experiences if you keep your itinerary loose and flexible, Mramor says. Do this: pick one or two sightseeing spots, and once you're there, ask around. Because who works at "tourist traps"? Locals! So after taking your cheesy Leaning Tower of Pisa picture on day one, ask the guys selling overpriced gelato where they hang out on the weekends. That's where you'll go tomorrow.

HACK YOUR STRESS



WATCH AN AMY SCHUMER CLIP

Stress has no sense of humour. After viewing 20 minutes of comedy, participants in a Loma Linda University study had significantly decreased levels of cortisol, a stress hormone that can hinder focus. Just shut your door before you start cackling in the office. Some of us are trying to work here.



THINK WHILE YOU WASH

In a study on mindfulness at Florida State, people who washed dishes while thinking about the smell of the soap, the temperature of the water, and the texture of the bubbles felt less stress than they had beforehand. Those who focused on just getting the dishes clean didn't see this benefit.

YOUR DIGS

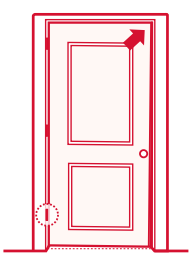
17/ Your kitchen table has become a repository for mail, car keys, and pocket lint.
You need a clutter interceptor, says Lisa Zaslow, CEO of Gotham Organizers in New York City. Just inside your front door, install three things: a box or tray for mail; a corkboard for bills and letters that need attention; and a small basket or tray for keys, earbuds, and other random items. Then, every time you're about to take out the trash, toss the junk in the curb-bound bag. "You'll be more likely to stick to your new clutter-free habit if you piggyback onto something you already do regularly," Zaslow says.

18/ Your neighbor likes to crank up Led Zeppelin right about the time you like to go to sleep.
Build some rapport so the guy starts thinking of you as a pal, says Marty Latz, author of *Gain the Edge!* and founder of the Latz Negotiation Institute. Try this: knock on his door with a couple bottles of your favourite IPA and ask if he has time for a drink. Start with small talk ("You been having problems with Internet cut-out too?") before moving to the real issue: "I wanted to chat because your music can be pretty loud sometimes." Let him know you'd like to figure out a music schedule that works – maybe earlier in the evening, or while you're traveling. As long as you don't lose your cool, Latz says, he'll probably work with you.

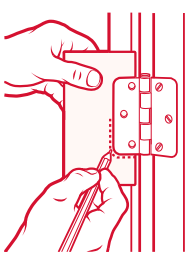
19/ You love your new kid and all, but now your once-serene home is a giant playpen.
Let us guess: the toy box is in your room. "The key is to spread storage all over the house," Zaslow says. That way you'll actually use it. For the living room or den, use decorative baskets. In the front hall, hooks to hang a stroller and diaper bag. And in your bedroom – well, try to make that a toy-free sanctuary. The activity that makes babies is more likely to occur if you're not stressed about the one you already have.

Contributors
Andrea Stanley, K. Aleisha Fetters, McKenzie Maxson, and Moira Lawler

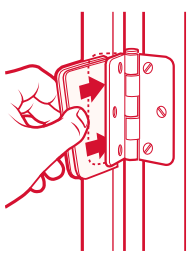
20 Your door sticks. It's difficult just to open and close the lousy thing.



1/ Identify the Problem
Find where the door is rubbing against the frame. Big gap at the bottom? It's probably touching at the top. The hinge you need to adjust is diagonal from the too-tight spot.



2/ Cut your Shims
Unscrew the hinge and trace the outline onto the cardboard from a six-pack or tissue box. Use a box cutter to carve out the shape; repeat until you have 10 hinge-sized shims.



3/ Force the Hinge Out
Reattach the hinge to the door and frame, using three shims to push it out on each side. Repeat using two shims for the door's center hinge. If it still sticks, add more shims.



21

You and your wife argue about basic household chores. In a Pew survey, equal division of chores fell just behind fidelity and good sex on the list of things that make marriage work. Discuss it over dinner; people may be more aggressive when their blood sugar levels are low, say Ohio State researchers. Draft a clear set of expectations. It ain't sexy, but over time, it can lead to more sex.

One Day, Zero Stress

Hit a few daily milestones and stay relaxed 24/7

6:00 AM



7 AM

Rise and Relax

Wake up 10 to 15 minutes early and start with a deep-breathing exercise while sitting on your bed. A peaceful morning will follow you into the day.



7:45 AM

Eat Your 21 Grams

…of protein. People who ate that much maintained lower heart rates during the work that followed, a *British Journal of Nutrition* study found.



10:30 AM

Peace Out

Productivity is best with 60- to 90-minute bouts of hard work. Then take a 15-minute meditation break to maintain your cool and improve cognitive function.



12:30 PM

Pop a Pill

A daily multivitamin can help ease feelings of stress, anxiety, and depression by as much as 26 percent. Take it with lunch and you'll absorb more nutrients.



2:55 PM

Walk with Colleagues

This is typically the least productive time of the day, but a walking meeting will energise you. Bonus: head outside to a park. Nature is a proven stress buster.



12:00 AM

6:00 PM
Pull an Irish Exit
Fact: overworked guys are less productive and more likely to die young. So escape the office at a decent hour. More than 50 hours a week is too many.

6:30 PM
Do Burpee Therapy
Working out may have a stress defense effect similar to that of meditation, and it creates a psychological buffer between the office and your home.

7:45 PM
Let It All Out
Talk about your day to your wife, pals, or goldfish. You'll develop a stronger sense of control, especially if you focus on difficulties that you overcame.

11:00 PM
Flip the Kill Switch
Research shows that sleep deprivation can make you feel more stressed and angry. You don't want to be the guy who blows up at the copy machine, do you?

LOVE & PALS

22/ Your wife hates her job, and you hate hearing her gripe about it every night.
Dude, your game plan is simple: make sure she knows you support her fury, says Pittsburgh psychologist Nancy Mramor Kajuth, Ph.D. When she's under stress, she's going to vent. But in a Harvard study, women reported feeling more relationship satisfaction (read: less stress) when their partners empathised with their negative emotions. It doesn't matter if her gripes are reality-based or not. Let her vent; then say, "Babe, your boss blows." Now move on and enjoy your evening.

23/ Your best buddies live in other states, and now you're all starting to drift apart.
There's a reason phone chats with old pals feel awkward: men bond best over shared goals. "It's like how guys used to get together to work on a car," says Ronald Levant, Ed.D., a professor of psychology at the University of Akron. So find your engine to rebuild: it could be a Tuesday night Xbox tournament or a fantasy league for just your high school pals. Now you have something serious to (trash) talk about.

24/ The new dating apps like Tinder are based on looks. And you're no Ryan Reynolds.
Download the dating app Hinge (*hinge.co*). It puts the focus on your killer personality by pairing you with people you have mutual friends with on Facebook. "It shifts the emphasis from looks to common interests and goals," says Zach Brittle, author of *The Relationship Alphabet*. Of course, you value brains and beauty. So update your profile pic so your gaze is pointed off-camera and you're not smiling. OkCupid data suggests that this will make you more attractive to... your future wife? ■

HAIR **RYAN RICHMAN/GHD/STARWORKS ARTISTS** MAKEUP **SHANNON PEZZATTA/TOMFORD MEN/STARWORKS ARTISTS** WARDROBE **LINDSAY POGEMILLER AND ALYSSA SUTTER/STARWORKS ARTISTS** PROP STYLING **PATRICK MULLER/ART DEPARTMENT** INSTRUCTIONAL ILLUSTRATIONS **+ISM** PREVIOUS SPREAD: ILLUSTRATIONS **MICHAEL BRANDON MYERS**; NEARLY NUDE SLIP, LEVIAN RING, ANITA KO WEDDING BAND (HERS, THROUGHOUT), TOPMAN SHIRT, TOMMY HILFIGER PANTS, LARSSON & JENNINGS WATCH (THROUGHOUT), HENRY DUNAY/BELADORA JEWELERS WEDDING BAND (HIS, THROUGHOUT)

HOT HOT HEAT

From fat-burning gym-goers to naga-tasting masochists, we're all chilli freaks. But it's not the burn that counts; it's what you do with it. This is our guide to health's hottest ingredient



WORDS ED CHIPPERFIELD PHOTOGRAPHS JOBE LAWRENSON; ISTOCKPHOTO

We don't like to toot our own horn, but we've been trumpeting on about the various benefits of chillies since day one. You probably know that capsaicin – the chemical that burns your mouth – raises your body temperature, torching extra calories. You might also know that, gram-for-gram, chillies contain more vitamin C than oranges.

Now it seems the rest of the world has finally caught on. Although sales of staples such as Heinz ketchup and HP sauce are in decline, the dozens of hot sauce varieties (worth an estimated USD 1.12 bil a year worldwide) are flying off the shelves. When officials announced last year that Huy Fong, makers of the world's most popular Sriracha sauce, might close their factory, the ensuing "srirachocalypse" saw a run on supermarket condiment aisles.

Don't get us wrong; we're all for bringing heat into the kitchen. But there's far more to chillies than pepping up an anodyne chicken breast. So put the peri-peri aside, and learn how to become a true sophisticate of spice.



GET HANDS ON (JUST DON'T TOUCH YOUR EYES AFTERWARD)



01 GROW YOUR OWN

Don't settle for vanilla garden-centre fare. Take these hot tips from Joy and Michael Michaud, growers of the Dorset Naga chilli

01 Start Now

Even if you know your stuff, buying seeds is a lottery. Chillies are in season now – try a variety and keep the seeds from your favourites. Dry them in a cool, dark spot for a few months. It's a long game, but well worth the wait.

02 Choose Wisely

For the best combinations of heat and yield, try the Super Tramp (for indoors/pots) and the Hungarian Hot Wax (for outdoors). If indoors, sow the seeds in a tray with 6mm of fine-grade compost. Keep in the dark at roughly 27°C and don't let the soil dry out.

03 Let In The Light

When seedlings emerge, transfer them into 10cm pots and expose them to sunlight. Use multipurpose compost, nearly up to the leaves, or you'll end up with weak, flavourless fruits come spring. Water them regularly with room-temperature water.

04 Perfect Heat

Keeping the plants hot will create more metabolism-boosting capsaicin. Up to 25°C is great; any hotter and you'll need to vent them. If it is not such a hot day, it'll be warm enough to grow plants outside, but for truly fiery fruit use plastic tunnels or a conservatory.

05 Stress Out

Chillies produce hotter fruits when they've been 'stressed'. The best way to do this is to withhold water until they show the first signs of wilting, then give them a normal drink. The hotter the pepper, the more antioxidants.

06 Handle Gently

Plants produce their hottest fruit after a few months, so be patient and harvest in July or August. These end-of-season fruits have the most intense, developed flavours. Pick as often as possible to increase your plants' yield. Nothing plucked out of a jar will quite compare again.

02 THE PLEASURE OF PAIN

Learn to love the burn with spice psychologist Professor Paul Rozin†

WHY WE ENJOY EATING HOT CHILLIES remains a mysterious thing. We shouldn't enjoy it: the neural message from your mouth is interpreted by the brain as pain. And yet after some exposure – eating more, basically – that same signal can be interpreted as pleasure. My research suggests heat-seeking is not due to an endorphin rush, as some believe, but is in fact a form of 'benign masochism'. Our body receives a signal that something is dangerous, but our brain discovers that there is no actual negative effect. Mind trumps body; something unpleasant becomes pleasant. We like a little pain. It's not uncommon in sex or massage to enjoy a small amount of pain. Liking the burn is a trait shared by so-called sensation seekers; I put it in the same category as horror films or rollercoasters. Indeed, there's a tendency for people who like hot peppers also to like thrill rides.



No-one is born liking the burn. Usually, when you do something you don't like, you stop. But, as with smoking, if there's enough social pressure, you keep doing it. Eventually it becomes intrinsic – you end up eating the pepper because you like it, not because you're trying to impress someone. You alter the wiring in your brain. It's not the signal that changes, but how your brain interprets it. Now you're on a slippery slope. Although the burn isn't addictive as such – you don't get physical withdrawal symptoms – it shares some of the same properties as addiction. People feel their food isn't right without it, and they push the envelope of what they can enjoy. In true 'benign masochism' form, the pepper that they like the most is often the strongest one they can stand.

†PSYCHOLOGY PROFESSOR AT THE UNIVERSITY OF PENNSYLVANIA

PEPPER BOMB YOUR PLATE TO BLITZ YOUR FAT STORES

FIRE UP YOUR BLENDER TO BLAST YOUR DAILY GRIND

03 BOTTLED WISDOM

Reap the benefits of what you've sown by making your own condiments, says Vivek Singh, CEO of The Cinnamon Club

01 Deep heat sauce

Blend six whole chillies with half their weight in oil. Fry three garlic cloves and three onions in a small dash of oil with 6tbsp of tomato paste. Once your veg softens, add the chillies and season. Cook for 10-15min, then decant through a funnel into a sterilised bottle. Dollop it over salmon fillets for a delayed onset muscle soreness soother.

02 Gaining ground

Dried Kashmiris make great powder – fruity and vibrant. Halve six chillies (remove the seeds for a milder powder) and toast in a cast iron pan for 5min, along with 1tbsp of cumin seeds. When cool, whizz in a blender with 1tbsp of garlic powder and ½tbsp of oregano. Add to a sweet potato curry for double the eyesight-protecting vitamin A.

03 Oil for your engine

Add one part dried red chillies to three parts non-virgin olive oil (you want to taste the chilli, not the oil). Gently warm the oil in a pan, add your chillies for four minutes, then let it cool. Decant into a bottle. It's ready to pour straight away, but its flavour and health properties develop over time. Stick it in the back of your kitchen cupboard.

ADDITIONAL PHOTOGRAPHS **HEARST STUDIOS, ISTOCKPHOTO, ALAMY** FOOD STYLIST **LUCY RUTH HATHAWAY** FOOD STYLING ASSISTANT **MITZ SCOULLOS** KITCHEN AID ARTISAN BLENDER *LAKELAND.CO.UK*. CHILLIES ALL PROVIDED *SOUTHDEVONCHILLIFARM.CO.UK*, SECATEURS *BURGON&BALL*

04 BURN BABY BURN

A daily dose of just 9mg of capsaicin has been shown to boost your calorie-burn by the same amount as a one-mile run*. Work this metabolic maths into your meal plan



*AMERICAN JOURNAL OF CLINICAL NUTRITION

05 TASTING NOTES

There's a time and place for flakes, but understanding fresh chillies' complex characters will help you get fuller flavours from your food, says Michael Michaud

Best for hot sauce Habanero

This family of chillies ranges from fairly hot to ludicrously so: the commonly used Red and Chocolate varieties can be all burn, with little taste. For brutish heat with seductively fruity flavour, try the Orange Habanero, which raises the spice dial to 250,000 Scoville Heat Units (the world's hottest chilli is close to 1,000,000 SHU). It's a perfect base for any sweet chilli sauce.



Best for drying Cayenne

These pointed fruits often grow to more than 30cm in length, turning from green to bright red as they mature. As they do, they develop a floral, hay-like aroma with undertones of tobacco and mustiness. Averaging a potent 30,000 SHU, their thin flesh makes them ideal for drying and creating your own chilli powders, oils and pastes. They are also particularly high in vitamins A, B6, C and E, especially in their freshest form.



Best for heart health Jalapeño

Mild and popular fruits ranging up to 10,000 SHU, Jalapeños are best used in salsas and Tex-Mex dishes, lending a sweet flavour with short-lived burn. Dried and smoked, they're known as chipotles, which impart a more chocolate-like aroma. They're also high in antioxidants and have been shown to reduce cholesterol. Worth adding to meaty recipes.



Best for heat haters Pimento

One of the milder peppers, Pimentos have sweet, succulent flesh with more aroma than their commonly consumed cousin, the bell pepper. They balance salty flavours perfectly, so they work well with seafood and olives. Add them uncooked and chopped to Mediterranean fish dishes – the capsaicin and healthy oils will give your heart a lift.



06-08 BURNING THE DINNER

Harness chillies' aphrodisiac qualities to increase your chances of a steamy outcome



Starter

Buttered quinoa with sweetcorn

By Thomasina Miers, founder of Wahaca†

SERVES TWO

- QUINOA, 100G
- OLIVE OIL, SPLASH
- ONION, ½, DICED
- SWEETCORN, 150G
- JALAPEÑO CHILLI, ½, FINELY CHOPPED
- CUMIN, PINCH
- BUTTER, 20G
- CORIANDER, HANDFUL, CHOPPED

Method

The Jalapeño in this dish increases your heart rate and temperature, replicating sexual arousal: the perfect warm-up act. First, toast the quinoa in a pan for a minute, then set it aside in a bowl.

Heat the oil in a saucepan, and add the onion, corn and chilli. Season and sauté for 10min until the onion is soft, stirring frequently. Add the cumin and cook for a minute more, then the quinoa with 500ml water. Bring to the boil, then lower the heat. Simmer for 20min until the quinoa is tender to the bite. Drain, stir in the butter and serve with coriander. It's not just you – it *is* getting warm in here.



Main course

Crab chilli linguine

By Arnaud Stevens, chef patron at Sixtyone restaurant

SERVES TWO

- PINE NUTS, 100G
- LINGUINE, 300G
- RED CHILLIES, 2
- PIQUILLOS, 100G
- BASIL, HANDFUL
- GARLIC, 1 CLOVE
- OLIVE OIL, SPLASH
- WHITE CRAB MEAT, 250G, FLAKED
- PECORINO CHEESE

Method

You don't want to lose momentum at this stage in proceedings. Fortunately, this dish is ready in minutes. Toast the pine nuts in the oven at 180°C; allow to cool. Blanch the fresh linguine for 5min in salted water.

Meanwhile, finely chop the chillies, piquillo peppers, basil and garlic, and mix with a dash of olive oil. Toss with the pasta in a stainless steel bowl and plate up. Finish each serving with flaked crab and some grated pecorino. The heat will cause your lips to plump, which has been found to be key to sexual attraction. Fan the flames further with a bottle of chilled Riesling wine.



Dessert

Chilli and chocolate on toast

By Thomasina Miers

SERVES TWO

- SOURDOUGH BREAD, 2 SLICES
- EXTRA-VIRGIN OLIVE OIL, DASH
- DARK CHOCOLATE (70% COCOA SOLIDS), 75G, CHOPPED
- SEA SALT, SPRINKLE
- CHILLI FLAKES, PINCH

Method

Don't be tempted to skip dessert: she won't thank you for a premature climax. Fire up the grill, as hot as it'll go. Briefly toast the sourdough slices so that they're crisp, but not browned. You can use a toaster, but it'll taste better if you chargrill the bread for a minute or two each side.

Drizzle the toasts with olive oil and arrange the chocolate on top – the higher the cocoa content the greater your aphrodisiacal endorphin rush. Sprinkle with sea salt and the chilli flakes. Pop the toast under the grill until the chocolate melts, and serve with crème fraîche or vanilla ice cream. Clothing optional.

†RECIPE TAKEN FROM *CHILLI NOTES* BY THOMASINA MIERS

09 EXTRA HOT TREND

Filmmaker Griffin Hammond tells *MH* what he found when granted access to the world's favourite hot-sauce makers

Why would a respectable documentary-maker for Bloomberg spend a year chasing a sauce company around the world?

I'd been eating Sriracha sauce for years before I realised it was perfect for a documentary film. It was popular with its fans, yet those fans didn't really know anything about it.

Did you encounter any problems?

The guy behind Sriracha, David Tran, was a Vietnamese immigrant who thought that you shouldn't open up your factory to other people when running a business – he was secretive and protective about it, even as the sauce became this global phenomenon.

What does Tran attribute his success to?

I don't think he has a clue why it's so popular, and he doesn't seem to care. He just wants to make something good. Who is buying it is incidental.

So who is buying it?

Well, he first started making it on his stove and spooning it into bottles, but every year the business grew by about 20%. By 2012 he was selling around 20 million bottles worldwide. They're now processing 100 million lbs (45.4 million kg) of chillies a year.

Having made the movie, what do you put Sriracha's popularity down to?

It's a cultural phenomenon. My theory is that, in Sriracha's case, it just looks so foreign you want to try it out. Here in the US there are so many food channels, food tourism and discoveries to be made, that when you see a hot sauce like Sriracha that looks like it's from Asia – even though it's owned, grown, processed and bottled in California – you want to discover it. All the professional chefs use it, too.

What did you learn from making the movie?

Chillies are certainly a bit dangerous. But then that's part of their appeal – the excitement, the challenge. They bring people together too: all we had to do was walk around Chicago with a bottle of chilli sauce and wait for people to come and talk to us for the movie. People are truly passionate about it.



Selling like hot cakes: Huy Fong Sriracha is a worldwide sensation

...THEN FOLLOW OUR COOL GUIDE TO DOUSE THE FLAMES

USE THESE TIPS TO MAKE YOUR REPERTOIRE RED-HOT...

10 HANDLE THE HEAT

Pro chilli-eater Jay Webley's* soothing tips for dousing the fire in your mouth



C-0 minutes: Ignition

Bitten off more than you can chew? Then try not to. The more you chew, the more capsaicin will coat your mouth. Just break the chilli into small chunks and swallow fast.

C+2 minutes

Capsaicin is a fine oil. Once it coats the mouth, it stays there until dissolved by another chemical. Don't bother with milk: clotted cream is your best bet. Its fats will dislodge the oil, just as soap breaks up grease.

C+5 minutes

If your eyes are still watering uncontrollably, swill out your mouth with a high-ABV spirit such as vodka. It acts as a solvent to break up the oil. Swallowing won't help, but may provide comfort.

C+6 minutes

Brush your mouth with toothpaste. Your teeth, yes, but also your cheeks, gums and tongue. The formulation of toothpaste is known to relieve chilli burns as it breaks up the capsaicin.

C+8 minutes

Eat something: this should prevent you from doubling up with cramps or vomiting. Starchy foods such as bananas, bread and pretzels will all help protect the stomach and ease the oils' transit through your system.

C+9 minutes

Wow, how hot was that chilli? Just remember, what you're experiencing is mental. Literally. The heat is not 'real' – capsaicin is a neurotoxin and it tricks the brain into believing the chilli is hot. Mind over matter. ■

With thanks to chillialchemist.co.uk

*ORGANISER OF THE GRILLSTOCK CHILLI-EATING COMPETITION



PHOTOGRAPHS **IAN WONG** STYLING **JAYEN CHOW** ART DIRECTION **ELYNN HAH** HAIR **JUNO KO** MAKE-UP **JOEY YAP**



LIKE THE WAY YOU MOVE

If you wouldn't dare to do your reps without the right equipment, then why do you attempt to win the game of courtships with the wrong attire? Suit up in the right styles, and you'll be swaying to the rhythm better than even John Tan and Karena Teo

Karena Teo wears: GUESS BY MARCIANO cut-out spaghetti-strapped tulle dress RM999 *guess.com*; **H&M** cuff bangle RM24.90 *hm.com/my*

John Tan wears: GUESS printed collar piping detail long-sleeved button-down cotton shirt RM329 *guess.com*; **SAMSUNG** Gear S2 Classic RM1,599 *samsung.com/my*



MAKE THE EFFORT

You've heard that the devil's in the details, and nowhere is this truer than in your grooming and what women notice you've done (or haven't). So, comb your hair, trim your nails and, for god's sake, tend to the stray hairs in your nose and ears. "Women are detail-oriented, so that translates into studying the world around us," says *Men's Health* Fashion Director Sandra Nygaard. "I put time and effort into looking good on a date, and I think it's a sign of respect that a guy does the same."

Karena Teo wears: MISS SELFRIDGE high-neck halter scuba skater dress RM529 *missselfridge.com*; **H&M** wire cuff bangle *hm.com/my (*price unavailable)

John Tan wears: H&M double-breasted linen blazer RM269 and flat-front linen trousers RM119 *hm.com/my*



FLATTER YOUR FRAME

No matter your body shape, you should put on clothes that complement your physique (having said that, if your love handles are spilling over, it's time for a rethink). Nygaard insists that you go nowhere near clothes that are either too tight or too loose. "Ultimately, you won't impress women with trends if they don't look good on you," she says. "You can't go wrong with great-fitting classics. It shows us that you have class and style."

Karena Teo wears: GUESS BY MARCIANO double-spaghetti-strapped fringe flapper dress RM699 *guess.com*; **PEDRO** peep-toe platform ankle strap heels RM339 *pedroshoes.com*

John Tan wears: H&M round-neck short-sleeved T-shirt RM49.90 *hm.com/my*; **TOPMAN** slim-fit velvet tuxedo RM579 and flat-front slim-cut cropped pants RM229 *my.topman.com*; **H&M** lace-up loafers *hm.com/my* (price unavailable)



SIGN OFF WITH YOUR SCENT

If getting up close and personal with your lady love is a priority, then you better ensure you're enjoyable to be around intimately. "Women have an acute sense of smell, so make sure your breath is fresh and your fragrance is light and clean," Nygaard advises. Your secret weapon to make her melt in your arms? "A sexy fragrance," the *MH* Fashion Director reveals. "It will be your signature. It's what she'll inhale when she holds you close, and it's the scent that will linger after you're gone."

Karena Teo wears: TOPSHOP glitter halter cropped top RM119 *my.topshop.com*; **H&M** crochet pencil skirt RM149.90 and wire cuff bangle (price unavailable) *hm.com/my*

John Tan wears: H&M, round-neck long-sleeved knit pullover, RM129 *hm.com/my*



OWN YOUR LOOK

Don't wait until you're on TV, winning a pageant and have 20,000 followers to puff out your chest, hold your head high, and saunter with swagger (though it certainly helps). "Impressing women comes down to confidence," says John Tan, model, actor and winner of Manhunt Malaysia 2012/13. "It's all about finding your own style and putting it all together well. Wearing clothes that is your style, fits you well, and is flattering will give you confidence."

Karena Teo wears: D.D COLLECTIVE sleeveless metallic-print ruffle-back cropped top RM325 *dd-collective.com*; **TOPSHOP** metallic high-waisted pleated midi skirt RM429 *my.topshop.com*; **PEDRO** peep-toe platform ankle strap heels RM339 *pedroshoes.com*

John Tan wears: GUESS black-on-black diamond print long-sleeved button-down shirt RM399 *guess.com*; **TOPMAN** slim-cut denim jeans RM579 and flat-front slim-cut cropped pants RM259 *my.topman.com;* **SAMSUNG** Gear S2 Classic RM1,599 *samsung.com/my*



KEEP IT SIMPLE, STUPID

What you see on Nat Geo TV might work in the jungle, but here in grown-up land, nobody really likes a peacock. Instead of trying to keep up with every single fashionista trend, opt for something stylistically straightforward and elegantly simple – or, as Tan calls it, be a minimalist. "It's very difficult for a minimalist to get it wrong in terms of styling," Tan says. "Minimalism is trend-free, and isn't likely to go out of fashion any time. It can be very versatile and easily adaptable to both formal and informal situations." So adopt the KISS philosophy, and wait for the kisses to be blown your way.

Karena Teo wears: GUESS BY MARCIANO half-sleeved lace cropped top RM499 and asymmetrical hem high-waisted tulle & lace skirt RM899 *guess.com*; **H&M** teardrop dangle earrings RM39.90 *hm.com/my*

John Tan wears: TOPMAN denim bomber jacket RM423 and flat-front slim-cut cropped pants RM229 *my.topshop.com*; **SAMSUNG** Gear S2 Classic RM1,599 *samsung.com/my*



FIND YOUR OWN STYLE

Saying that Kareno Teo is a famous face is like saying water is wet – so she knows what she's saying when she advises you *not* to copy the style of your favourite celebrity. "It's not going to make you a celebrity too!" she laughs. Teo also recommends you ditch the crumpled, sloppy look if you wanna score major points with your date. "And stop with the pink!" she exclaims. "That is, unless you're Zac Efron..."

Karena Teo wears: TOPSHOP high-neck cut-out lace-back velvet playsuit RM339 *my.topshop.com*; **H&M** teardrop dangle earrings RM39.90 *hm.com/my*; **CHARLES & KEITH** pointy toe glitter pumps RM199.90 *charleskeith.com*

John Tan wears: H&M printed long-sleeved cotton shirt RM119 and flat-front slim-cut cotton trousers RM119 *hm.com/my*; **SAMSUNG** GEAR S2 CLASSIC RM1,599 *samsung.com/my*



A CHANGE OF TACTICS

Hermès Slim d'Hermès Quantième Perpétuel

It's an inescapable truth that Hermès is known first for its ties, scarves and luggage. But it is increasingly also known for stylish, Swiss-made watches. As the name suggests, the new Slim d'Hermès is very thin – a hallmark of craftsmanship. This particular version, the Quantième Perpétuel, is named after its fancy self-maintaining date. And, lest you think it merely an expensive fashion watch, remember that La Montre Hermès works with the same specialist movement manufacturer as ultra-high-end Parmigiani. *RM150,912*

GRAND MASTERS

When buying watches, these big players should be your endgame, if not your opening gambit. A move guaranteed to impress, capture one of these pieces and you really have won at life

WORDS **ROBIN SWITHINBANK** PHOTOGRAPHS **PAUL ZAK** STYLING **ERIC DOWN**



THE ARMOURED KNIGHT

Jaeger-LeCoultre Grande Reverso 1931 Seconde Centrale

There aren't many areas of style where art deco retains much influence, but one exception is Jaeger-LeCoultre's iconic Reverso. The original was famously created back in 1931 for high-maintenance British officers in India, who were fed up of smashing their watches during polo matches. Jaeger-LeCoultre invented a watch with a reversible case, so that the glass side could be hidden during play – rather than encourage them simply to remove their timepieces. The latest white-gold version is unusual in that it carries a central second hand, but like its stablemates, it's about as enduring they come. *RM73,000 jaeger-lecoultre.com*

THIS PAGE: CHESS SET BY **RALPH LAUREN**. BRACELET BY **CARTIER** | OPPOSITE PAGE: CHESS SET BY **PRADA**. CUFFLINKS BY **MONTBLANC**. BRACELET BY **ZADEH**

THE NO-IMITATION GAME

Breguet Classique Ref. 5177 BR/15/9V6

Few brands epitomise the watch industry's fondness for heritage quite as well as Breguet. Abraham-Louis Breguet was a pioneer whose work in the late 18th century ranks alongside that of any watchmaker, of any era. Centuries on, his touches still appear: sloping 'Breguet numerals' and 'Breguet hands', with the hoop near the tip, are common borrowings by all manner of brands as well as those watches carrying his name. Like this automatic, which blends old-school looks with modern advances. Its movement features a number of silicon parts, which enhance both performance and durability. It should be good for another century or two. *RM83,600 breguet.com*



THIS PAGE: CHESS SET BY **PRADA** | OPPOSITE PAGE: CHESS SET BY **ZAHA HADID DESIGN**



UNCHECKERED HISTORY

Vacheron Constantin Harmony Dual Time

True, there might be a few Swiss watch brands older than Vacheron Constantin, but none has racked up 260 years of continuous production, as the Genevan house did last year. Verification of its calibre comes in the form of the Geneva Seal: a venerable, exacting quality stamp awarded to more than 90 percent of Vacheron's output. (Supposedly it takes 40 percent longer to make a watch that fulfils the seal's 12 criteria.) One that passes muster is the commemorative Harmony Dual Time. It's inspired on an archive model from 1928, has a solid 18-carat pink gold case and is limited to just 625 pieces. *RM174,000 vacheron-constantin.com*

THE UNDISPUTED TITLE

Piaget Altiplano Chronograph

The watch industry is full of obscure records, many of which relate to slenderness. Stripping out heft is hard as it also reduces strength; which is why brands that can do this tend to be among the most revered. Step forward Piaget, holder of the most slim records – 14 at last count. Two belong to its svelte new Altiplano Chronograph which, at 8.24mm thick, is the thinnest hand-wound flyback chronograph in the world – obscure, yes, but impressive. It's also powered by the leanest movement of its kind, a 4.65mm calibre with a chronograph gear finger that's 0.06mm thick – or one-sixth of the width of an ant's leg. *RM118,000, int.piaget.com*



THE KING OF THE CASTLE

Patek Philippe Ref 5170G-010

The 40,000-strong attendance at Patek Philippe's Saatchi Gallery exhibition in London last year proved the brand has transcended its reputation among watch aficionados as a maker of very fine – some say the finest – timepieces. What it didn't change is the fact that Patek still only makes about 55,000 watches a year, which retail for an average £30,000. Consider that every minute repeater (which chimes the time on demand) has to be personally signed off by the CEO. Or take this chronograph with white gold case, black opaline dial and hand-wound movement: arguably one of the most elegant produced by any brand. Make it your horological endgame. *RM286,000 patek.com*

UNBEATABLE FIRST MOVE

Zenith El Primero Chronograph Classic

In some watch circles, for a collection to be considered complete, it must include an El Primero – Zenith's first automatic chronograph calibre. Launched in 1969, its high-frequency mechanical movement beats at 36,000 vibrations per hour (vph), considerably higher than the then norm of 28,800. Higher-frequency models have been seen since, but none in such quantities – which is why Zenith still justifiably claims it's the world's most accurate series-produced chronograph calibre. Nowadays it features in this new, dressy number with radially ridged 'sunburst' dial, a sign of luxury because it takes time to craft. *RM31,200 zenith-watches.com*



THIS PAGE: CHESS SET BY **ZAHA HADID DESIGN** | OPPOSITE PAGE: CHESS SET BY **RALPH LAUREN**, RING BY **BULGARI**, VARIUS RUBRACER FOUNTAIN PEN BY **CARAN D'ACHE**

20 December 2015/ Skyrides Festivals Park Putrajaya

MH Refine & Define Under Amour SkyWarrior Challenge



You've seen and participated in various physical challenges, but the *Men's Health* Refine & Define Under Amour SkyWarrior Challenge was not your typical "climb, crawl and win" competition. This advanced-level fitness challenge pushed 60 contestants on Team *Men's Health* and Team *Women's Health* beyond their strength and willpower to climb the ropes to the top (literally).

Although there were no finalists from Team *Men's Health* and Team *Women's Health*, contestants were motivated to continue on with their workout routines, living up to the challenge's motto: "Empower Consumers to Get Fit". The main aim of this challenge was to encourage people to live a healthier lifestyle and prepare them for even harder fitness challenges in future. But in a stroke of fortune, Soo Eugene from Team *MH* won the lucky draw contest and walked home with prizes worth RM320 and a VIP card for 10% off all Under Armour products.











Powered by: UNDER ARMOUR

WIN LOGITECH'S GAMING HEADSET WORTH RM599



Leading innovator of gaming products Logitech recently introduced its new gaming headphone, the Logitech G633 Artemis Spectrum Gaming Headset. It boasts features such as a "Superior All-Around Audio" system with Pro-G audio drivers, as well as surround-sound technologies to create lifelike in-game spatial awareness. Then, the headset has a "Multi-Platform Support and Sound Mixing" feature that allows it to work with PCs, mobile devices, consoles, and more. The G633 also has a USB connection and an analog input, which allow the user to mix sounds from two separate devices.

The Logitech G633 is fully customizable, thanks to its "Personalised Programmability" feature with RGB lighting, swappable back-lit speaker plates and programmable G-keys. Last but not least, the headset also includes a "Foldaway, Noise-Cancelling Microphone", which provides you with crystal-clear voice inputs thanks to this boom mic; it can also be folded back into the headset and has an LED indicator to inform you when it's muted.

The new headphone was designed by Logitech's sound engineering team, which has more than 25 years in audio development. The result is a gaming headphone that delivers a superior all-around audio experience for all gamers!

PRIZES:

8 x Logitech G633 Artemis Spectrum Gaming Headset worth RM599.

QUESTIONS:

1. Name two features available on the new Logitech G633 Spectrum Gaming headset.
2. What does the Pro-G audio drivers and surround sound technology do?
3. Does the G633 headset's microphone fold away?

CLOSING DATE: 29 FEBRUARY 2016

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN **LOGITECH G633 ARTEMIS SPECTRUM GAMING HEADSET WORTH RM599!**

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Uncommon Wisdom

Rules to Climb By

These 25 strategies will elevate your game this year—and beyond



- **If you expect people to be rational, you'll spend your life annoyed. Enjoy the oddness.**
- Never gesture with silverware in your hand.
- **She doesn't want you to fix it, just to hear it.**
- Celebrate your success. Wildly.
- **When naked, she wants you to mix fierce with tender.**
- The opposable thumbs of *Homo sapiens* are designed for grabbing things. Go ahead – get your money's worth.
- **Never tell a story of travel woes – unless you were on foot and hiking a mountain.**
- She's as beautiful as you think she is. Now convince her.
- **Often the right thing to say is a pat on the back.**
- Discouraged? Paint something. Still blue? Eat chili. Make a bed. Hit the car wash!
- **Silence speaks.**
- Don't struggle alone, brother. Real men know when to call for help. And who to recruit.
- **There's a reason why "scared" and "sacred" are just a typo apart. Facing fears makes you holy.**
- The shrewd man knows what doesn't matter.
- **Make sure she knows that frequent sex helps ward off prostate cancer.**
- . . . and that orgasm boosts immune function for all.
- **. . . and that more sex = better guy listening. It's science! (Or it *should* be.)**
- If you stop judging everything, you'll enjoy life a lot more. So will your wife, your brother, your kids, et al.
- **Be a fountain, not a drain. Create more, consume less.**
- The last play is history. The next play is everything.
- **Be sure your compliment isn't about how perceptive or thoughtful you are.**
- All muscles have merit, but biceps are crucial. A flash of guns inspires you and her.
- **Your brain thinks it's way more clever than it is. Be suspicious of it.**
- Sing! Even (especially!) if you're tone deaf. Confidence is always pitch perfect. Hell, you might as well dance too.
- **Entertain the possibility that you're wrong. It happens more than you think.**

WORDS **HUGH O'NEILL** PHOTOGRAPH **CHRIS BURKARD/MASSIF**

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